

Me, In

拍數: 80 牆數: 2 級數: Phrased Improver
編舞者: Lily Liu (MY) - December 2011
音樂: Me,In - Wonder Girls



Intro : After the lyrics "Right Now" , start dance after 32 counts

Sequence : A B C / A B B / Tag / A B B / Ending

A : 32 counts

(A1) Step , Lock Step , R Shuffle Forward , Step , Lock Step , L Shuffle Forward

1, 2 Step R forward . Lock L behind R .
3 &4 Step R forward . Lock L behind R . Step R forward .
5, 6 Step L forward . Lock R behind L .
7 &8 Step L forward . Lock R behind L . Step L forward .

(A2) Rock , Recover , Chasse 1/4 Turn (twice) , Kick Ball Change

1, 2 Rock R forward . Recover onto L .
3 &4 Turn 1/4 right Stepping R to right . Close L beside R . Step R to right .
5 &6 Turn 1/4 right stepping L to left . Close R beside L . Step L to left .
7 &8 Kick R forward . Step R beside L . Step L in place .

(A3)R & L Double Hip Bump , Jazz Box (with sway)

1 &2 Step R forward while bumping R hip to forward , backwards , forward .
3 &4 Step L forward while bumping L hip to forward , backwards , forward .
5, 6 Step R forward (sway hip to right) . Recover onto L (sway hip to left) .
7, 8 Step R to right (sway hip to right) . Recover onto L (sway hip to left)

(A4)R & L Forward Samba , Mambo Forward , Twist L , R , L

1 &2 Step R forward . Rock L to left . Recover onto R .
3 &4 Step L forward . Rock R to right . Recover onto L .
5 & 6 Rock R forward . Recover onto L . Step R beside L .
7 & 8 Twist both heels to left . Twist both heels to center . Twist both heels to left .

B : 32 counts

(B1) (Toes & Heel touch , Cross) x 2 , Back Lock Step , Coaster Step

1 &2 Touch R toes forward with heel angling out to side. Touch R heel forward to right diagonal .
 Cross R over l.
3 &4 Touch L toes forward with heel angling out to side . Touch L heel forward to left diagonal .
 Cross L over R .
5 &6 Step R back . Lock L over R . Step R back .
7 &8 Step L back . Step R beside L . Step L forward . .

(B2) Side Rock(R , L , R) , Side Rock (L , R , L) , Rocking Chair , Twist L , R , L

1 &2 Step R to right while rocking body to right , left , right .
3 &4 Rock body to left , right , left .
5&6& Rock R forward . Recover onto L . Rock R back . Recover onto L .
(Easier : Back Mambo; 5 & 6 : Rock R back . Recover onto L. Step R beside L)
7 &8 Step R beside L while twisting both heels to left , right , left

(B3) & (B4) Repeat (B1) & (B2) .

C : 16 counts

(C1) R & L Twinkle , Forward Mambo , Back Mambo

- 1 &2 Cross R over L . Step L to left . Step R forward .to right diagonal (7:30)
3 &4 Cross L over R . Step R to right . Step L forward to left diagonal (4:30)
5 &6 Rock R forward . Recover onto L . Step R back . (4:30)
7 &8 Rock L back . Recover onto R . Step L forward .(4:30)

(C2) Repeat (C1)

Tag : (Toes & Heel Touch , 1/4 Turn Right) x 2

- 1 &2 Touch R toes forward with heel angling out to side . Touch R heel forward to right diagonal .
 Turn 1/4 right stepping R forward .(3:00)
3 &4 Touch L toes forward with heel angling out to side . Touch L heel forward to left diagonal .
 Turn 1/4 right stepping L forward .(6:00)

Ending : R & L Twinkle , Hitch

- 1 &2 Cross R over L . Step L to left . Step R forward to right diagonal .(1:30)
3 &4 Cross L over R . Step R to right . Step L forward to left diagonal .(10:30)
& Hitch R (facing 12:00 do one pose for ending) .
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