

Its Only Me

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Sadiah Heggernes (NOR/UK) - February 2012
音樂: Do It On My Own (Radio Edit) - Remady & Craig David



32 count intro

Section 1: Step Forward, Tap, Coaster Step, Paddle ¼ Turn L x 2

1-2 Step forward on R Tap L behind R
3&4 Step back on L. Step R beside L. Step forward on L
5-6 Step forward on R. Pivot ¼ turn L (9.00)
7-8 Step forward on R Pivot ¼ turn L (6.00)

Section 2: Cross, Point, Sailor Step, Rock Back, Recover, Side Rock, Recover

1-2 Cross R over L Point L to L side
3&4 Cross L behind R Step R to R side. Step L to L side
5-6 Rock back on R. Recover weight on L
7-8 Rock R to R side. Recover weight onto L

Section 3: Jazz Box ¼ Turn R, Step, Full Turn R, Step

1-2 Cross R over left. ¼ turn R stepping back on L 9.00
3-4 Step R to R side. Step L beside R
5-6 Step forward on R. Make ½ turn R stepping back on L
7-8 Make ½ turn R stepping forward on R. Step forward on L

Section 4: Kick Ball Point, Step Back, Touch, Kick Ball Point,, Modified Monterey ¼ Turn L

1&2 Kick R forward. Step R beside L. Point L to L side
3-4 Step back on L. Touch R beside left
5&6 Kick R forward. Step R beside L. Point L to L side
7-8 ¼ turn L on ball of R stepping L beside R. Point R to R side 6.00

Restart here during wall 2 (facing 12.00)

Section 5: Rock Back, Recover, ¼ Turn R, Step Forward, Step, Sailor Step x 2

1-2 Rock back on R. Recover weight onto L
3-4 Step forward on R. ¼ turn R stepping L to L side 9.00
5&6 Cross R behind L. Step L to L side. Step R to R side
7&8 Cross L behind R. Step R to R side. Step L to L side

Section 6: Step, ½ Pivot L, Shuffle Forward R, Full Turn R. Shuffle Forward L

1-2 Step forward on R. ½ Pivot L 3.00
3&4 Step forward on R. Step L beside R. Step forward on R
5-6 ½ turn R stepping back on L. ½ turn R stepping forward on R
7&8 Step forward on L. Step R beside L. Step forward on L

Section 7: Rock Forward, Recover, Step Back, Touch, Kick Ball Point, Modified Monterey ¼ Turn R

1-2 Step forward on R. Recover weight onto L
3-4 Step back on R. Touch L beside R
5&6 Kick L forward. Step L beside R. Point R to R side
7-8 ¼ turn R on ball of L stepping R beside L. Point L to L side 6.00

Section 8: Rocking Chair, Coaster Step, Run Forward

1-2 Rock back on L. Recover weight onto R
3-4 Rock forward on L. Recover weight onto R

5&6
7-8

Step back on L. Step R beside L. Step forward on L
Small step forward R-L
