

Hey This Is Me

COPPER KNOB
BY STEPHEN METZ

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Sarah Jones (UK) & Wendy Swoish (UK) - February 2012
音樂: This Is Me - Randy Travis



16 count intro

Step Cross Rock, Sweep Sailor ¼ Left, Rock Recover, Right Back Lock Step

1-2-3 Step right to right side. Cross rock left over right. Recover onto right
4&5 Sweep left behind right making ¼ turn left, Step right to right side. Step left in place
6-7 Cross rock right over left. Recover onto left
8&1 Step back on right, Lock left in front of right, Right Step back

Rock Recover, Shuffle Full Turn, Sway, Sway, Shuffle ¼ Turn Right

2-3 Rock back on left angling body, recover on right
4&5 Triple step full turn right, stepping - left right, left, travelling forward.
6-7 Sway hips right left
8&1 Right foot step right, close left to right, right foot step ¼ right

Cross Unwind, Cross Shuffle, ¼ Left Point, Behind Side Cross

2-3 Cross left over right unwind making ½ turn right
4&5 Cross left over right, step right to right side, step left over right
6-7 Step ¼ turn right on right foot, point left to left side
8&1 Step left behind right, step right to right, cross left over right

Sway Sway, Heel & Point, Rock ¼ Left, Recover Right, Step Forward Left

2-3 Sway hips right, left
4&5 Point right heels forward, right footstep in place, point left toe to left
6-7-8 Rock back a ¼ left on left foot, recover weight onto right, step forward on left

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