

Part of Me

拍數: 64 牆數: 2 級數: Intermediate - Novelty
編舞者: Andreas Müller (DE) - May 2012
音樂: Part of Me - Katy Perry : (Amazon.de)



Intro: 4 Count Intro

WALK R+L / FWD ROCK / BACK ROCK / BACK SHUFFLE

1-2 Step forward RF (1), Step forward LF (2) – 12:00
3-4 Rock forward on RF (3), Recover weight to LF (4) – 12:00
5-6 Rock back on RF (5), Recover weight to LF (6) – 12:00
7&8 Step RF back (7), Close next to RF (&), Step RF back (8) – 12:00

FULL TURN BACK / BACK ROCK / STEP TURN ½ 2X

1-2 Make ½ turn L step LF forward (1), Make ½ turn L step RF back (2) – 12:00
3-4 Rock back on LF (3), Recover weight to RF (4) – 12:00
5-6 Step LF forward (5), Make ½ turn R weight on RF (6) – 6:00
7-8 Step LF forward (7), Make ½ turn R weight on RF (8) – 12:00

SIDE ROCK / CROSS SIDE / CROSS SIDE / SAILOR ¼ TURN L

1-2 Step LF to L (1), Recover weight to RF (2) – 12:00
3-4 Cross LF over RF (3), Step RF to R (4) – 12:00
5-6 Cross LF over RF (5), Step RF to R (6) – 12:00
7&8 Cross LF behind RF (7), Turn ¼ L and step RF together (&), Step LF in place (8) – 9:00

CROSS SIDE / BEHIND SIDE / CROSS ROCK / & HELL & CROSS

1-2 Cross RF over LF (1), Step LF to L (2) – 9:00
3-4 Cross RF behind LF (3), Step LF to L (4) – 9:00
5-6 Cross RF over LF (5), Recover weight to LF (6) – 9:00
&7 Step RF in Place (&), Touch LF heel forward (7) – 9:00
&8 Step LF in Place (&), Cross RF over LF (8) – 9:00

SIDE ROCK WITH ½ TURN / SIDE ROCK / CROSS ROCK / CHASSE L

1-2 Step LF to L (1), Recover weight to RF (2) – 9:00
3-4 Make ½ turn R on RF and step LF to L (3), Recover weight to RF (4) – 3:00
5-6 Cross LF over RF (5), Recover weight to RF (6) – 3:00
7&8 Step RF to R (7), step LF next to RF (&), step RF to R (8) – 3:00

CROSS / ½ TURNS WITH TOE STRUT L+R / CROSS

1-2 Cross RF over LF (1), Touch LF toe to L – 3:00
3-4 Drop LF heel taking weight and make ½ turn L (3), Touch RF toe to R (4) – 9:00
5-6 Drop RF heel taking weight and make ½ turn R (5), Touch LF toe to L (6) – 3:00
7-8 Drop LF heel taking weight (7), Cross RF over LF (8) – 3:00

SIDE ¼ TURN STEP / TOE STRUT / FULL TURN / SHUFFLE

1-2 Step LF to L (1), Make ¼ turn R and step RF forward (2) – 6:00
3-4 LF toe strut forward (3), Put LF heel down (4) – 6:00
5-6 Make ½ turn L step RF back (5), Make ½ turn L step LF forward (6) – 6:00
7&8 Step RF forward (7), Close next to RF (&), Step RF forward (8) – 6:00

FWD ROCK / BACK SHUFFLE / BACK ROCK / OUT - OUT - IN - IN

1-2 Rock forward on LF (1), Recover weight to RF (4) (1), (2) – 6:00

- 3&4 Step LF back (3), Close next to LF (&), Step LF back (4) – 6:00
- 5-6 Rock back on RF (5), Recover weight to LF (6) – 6:00
- &7 Step forward and out with RF (&), step forward and out with LF (7) – 6:00
- &8 Step back and in with RF (&), step LF next to right, (8) – 6:00

Start again

Contact: www.luckyriders.de
