

This Is Me

拍數: 64 牆數: 4 級數: Improver
編舞者: Yvonne Anderson (SCO) - July 2013
音樂: This Is Me Missing You - James House : (iTunes)



Notes:-□

Start on main vocal, restart during wall 5 (see notes below).

To finish facing forward...music ends during wall 8, dance through to count 32, then:-

Step L forward make ¼ turn right taking weight on R, Step L across right, hold and smile tah dah!

[1-8]□STEP SIDE, TOUCH R&L, SIDE SHUFFLE RIGHT, TOUCH

- 1-2 Step R to right, Touch L toes beside right [12]
- 3-4 Step L to left, Touch R toes beside left [12]
- 5-8 Step R to right, Step L beside right, Step R to right, Touch L toes beside right [12]

[9-16]□STEP TOUCH L&R, SIDE SHUFFLE ¼ turn LEFT, HOLD

- 1-2 Step L to left, Touch R toes beside left [12]
- 3-4 Step R to right, Touch L toes beside right [12]
- 5-8 Step L to left, Step R beside left, Make ¼ turn left stepping L forward, Hold [9]

[17-24]□FULL TRIPLE TURN (travels forward) FORWARD MAMBO with SWEEP

- 1-4 Make a full turn left (travels forward) stepping R, L, R, Hold [9]
- (non-turning alternate...right shuffle forward, hold)
- 5-8 Rock L forward, Recover weight on R, Step L back, Sweep R out and around [9]

[25-32]□STEP BACK, SWEEP, STEP BACK, SWEEP, COASTER STEP, HOLD

- 1-4 Step R back, Sweep L out and around, Step L back, Sweep R out and around [9]
- 5-8 Step R back, Step L beside right, Step R forward, Hold [9]

[33-40]□STEP, ½ TURN RIGHT, STEP, HOLD, SIDE ROCK, RECOVER, CROSS, HOLD

- 1-4 Step L forward, Make ½ turn right taking weight on R, Step L forward, Hold [3]
- 5-8 Rock R to right, Recover weight on L, Step R across left, Hold [3]

[41-48]□SIDE ROCK RECOVER, CROSS, HOLD, SIDE, BEHIND ¼ TURN RIGHT, HOLD

- 1-4 Rock L to left, Recover weight on R, Step L across right, hold [3]
 - 5-8 Step R to side, Step L behind right, Make ¼ turn right stepping R forward, Hold [6]
- ***Restart: during wall 5, dance up to count 47, Step L beside right, begin again from count 1, facing 6 o'clock

[49-56]□STEP ¾ TURN RIGHT, BEHIND, ¼ SIDE, FORWARD, HOLD

- 1-4 Step L forward, Make ½ turn right taking weight on R, Make ¼ turn right stepping L to left, Hold [3]
- 5-8 Step R behind left, Make ¼ turn left stepping L to side, Step R forward, Hold [12]

[57-64]□MAMBO ½ TURN LEFT, HOLD, STEP ¼ TURN TOUCH, HOLD

- 1-4 Rock L forward, Recover weight on R (preparing to turn), Make ½ turn left stepping L forward, Hold [6]
- 5-8 Step R forward, Make ¼ turn left taking weight on L, Touch R toes beside left, Hold [3]

REPEAT