

Show Me

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Guy Dubé (CAN) & Richard Boutet (CAN) - May 2014
音樂: Show Me - Barbados



Start: □ Intro 32 counts before to begin the dance.

Steps description submitted by Ateliers MG Dance

SIDE, ROCK BACK, STEP LOCK STEP, STEP, PIVOT 1/2 TURN RIGHT

1-2-3 Step left to the left, cross rock right behind left, recover on the left
4&5 Step forward on the right, cross left behind right, step forward on the right
6-7 Step forward on the left, pivot 1/2 turn right weight ending on the right (6:00)

STEP-LOCK-STEP, PRESS ROCK STEP, STEP-LOCK-STEP, 1/2 TURN LEFT, 1/4 TURN LEFT, SYNCOPATED ROCK BACK

8&1 Step forward on the left, cross right behind left, step forward on the left
2-3 Press step right forward and put all your weight on it, recover on the left
4&5 Step back on the right, cross left over right, step back on the right
6-7 Pivot 1/2 turn left as you step forward on the left, pivot 1/4 turn left as you step right to the right
8& Cross rock left behind right, recover on the right

SWAYS L,R,L, CHASSÉ to R, ROCK BACK, RECOVER

1 Step left to the left as you sway your hips left,
2-3 Recover on the right as you sway your hips right, recover on the left as you sway your hips left
4&5 Step right to the right, step left beside right, step right to the right
6-7 Cross rock left behind right, recover on the right

KICK-BALL-STEP, WALK, 1/2 TURN LEFT, SAILOR 1/2 TURN LEFT, SKATES

8&1 Kick left forward, step back on the left, step forward on the right
2-3 Step forward on the left, pivot 1/2 turn left as you step back on the right (3:00)
4 Sweep left around as you pivot 1/2 turn left and step back on the left,
&5 Step right beside left, step forward on the left
6-7 Brush right beside left and step to the right corner, brush left beside right and step to the left corner

CHASSE to R, ROCK BACK, 1/4 TURN RIGHT, 1/4 TURN RIGHT, CROSS, ROCK SIDE, RECOVER with 1/4 TURN LEFT

8&1 Step right to the right, step left beside right, step right to the right
2-3 Cross rock left behind right, recover on the right
4&5 Pivot 1/4 turn right as you step back on the left, pivot 1/4 turn right as you step right to the right, cross left over right (9:00)
6-7 Step right to the right, recover on the left as you pivot 1/4 turn left (12:00)

STEP-LOCK-STEP, STEP, PIVOT 1/2 TURN RIGHT, SHUFFLE in 1/2 TURN RIGHT, STEP BACK, HOOK

8&1 Step forward on the right, cross left, behind right, step forward on the right
2-3 Step forward on the left, pivot 1/2 turn right as you transfer weight to the right (6:00)
4&5 Pivot 1/4 turn right as you step left to the left, step right beside left, pivot 1/4 turn right as you step back on the left
6-7 Step back on the right, cross left heel over right knee

STEP-LOCK-STEP, SIDE ROCK with 1/4 TURN LEFT, CROSS SHUFFLE, SIDE STEP, 3/4 TURN RIGHT with HOOK

- 8&1 Step forward on the left, cross right behind left, step forward on the left
2-3 Pivot 1/4 turn left as you step right to the right, recover on the left
4&5 Cross right over left, step left to the left, cross right over left
6-7 Step left to the left, pivot 3/4 turn right as you cross right heel over left knee

STEP-LOCK-STEP, STEP, TOUCH, SHUFFLE in 1/2 TURN RIGHT, ROCK SIDE with SWAYS L,R, CROSS ROCK, RECOVER

- 8&1 Step forward on the right, cross left behind right, step forward on the right
2-3 Step forward on the left, touch right toes behind left
4&5 Pivot 1/4 turn right as you step right to the right, step left beside right, pivot 1/4 turn right as you step forward on the right (3:00)

VARIATIONS FOR ADVANCED DANCERS:

SHUFFLE 1 1/2 TURN RIGHT GOING BACK (12:00)

- 6-7 Step forward on the left, pivot 1/4 turn right as you recover on the right
8& Cross rock left over right, recover on the right

TAG : □ On the 4th wall (9:00) do the first 7 counts of the dance and add the following steps:

- 8& Cross rock left over right, recover on the right

REPEAT

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