

# 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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