This Is Me, Alan

Count	48 W	and: 1	Ebene:	Improver	
Choreograf/in:	: Tom Inge Soenju ((NOR) - Septem	ber 2018		
Musik	This Is Me (Alan V Ensemble : (Albun				
Music Availabili	ty: Available on iTur	nes, Google Play	and Amazor	٦.	
footwork and di Intro: 16 counts Sequence: Rep Tag/Restart: No	rections. eating sequence. tags or restarts	-		unts are the same as the f	
End: When mus	sic ends you have Ll	F crossed over F	RF, then unwi	nd ½ turn to your right ho	lding your arms out.
Section 1: CRO	• •	ASTER STEP, ½	R STEP, 1⁄4	R SAILOR STEP, CROS	S
1 2	Cross RF over LF Step LF to left side				
2 3 & 4	•	r right (3·00) ste	oping back o	n RF and step LF next to	RF_step RF
	forward				
5	Quarter turn to you	r right (6:00) ste	pping LF to le	eft side	
6&7	Quarter turn to you side	r right (9:00) ste	pping back o	n RF, step LF to left side a	and step RF to right
8	Cross LF over RF				
Section 2: SWA	Y R/L. BALL-CROS	S. RECOVER-B	ALL-CROSS	, ¼ R TURN-STEP, ½ R	SHUFFLE TURN
1	Rock RF to right sid			, ,	
2&3	Recover weight on	to LF, step ball o	of RF next to I	LF and cross LF over RF	
4 & 5	-	•		RF and cross RF over LF	
6	Quarter turn to you	• • •			
7 & 8	Quarter turn to you Quarter turn to you			ight side (7) and step LF i vard (8)	next to RF (&),
Section 3: DOR	OTHY STEPS L/R,	SYNC F ROCK	STEPS L/R -	BALL	
1	Step LF diagonally	. ,			
2&	Lock RF behind LF		hally forward	on LF	
3 4 &	Step RF diagonally Lock LF behind RF	. ,	ally forward	on DE	
4 a 5	Rock LF forward	and step diagon	ally lorward		
5 6 &	Recover weight on	to RF and step b	all of LF next	t to RF	
7	Rock RF forward				
8 &	Recover weight on	to LF and step b	all of RF next	t to LF	
Section 4: CRO	SS, SIDE, ¼ L COA	STER STEP, 1/4	L STEP, ¼ L	_ SAILOR STEP, CROSS	
1	Cross LF over RF	·			
2	Step RF to right sic	le			
3 & 4	•		-	LF and step RF next to L	F, step LF forward
5	Quarter turn to you			-	
6&7	Quarter turn to you side	r left (3:00) step	ping back on	LF, step RF to right side a	and step LF to left
8	Cross RF over LF				

COPPER KNOB

- 1 Rock LF to left side
- 2 & 3 Recover weight onto RF, step ball of LF next to RF and cross RF over LF
- 4 & 5 Recover weight onto LF, step ball of RF next to LF and cross LF over RF
- 6 Quarter turn to your left (6:00) stepping back on RF
- 7 & 8 Quarter turn to your left (9:00) stepping LF to left side (7) and step RF next to LF (&), Quarter turn to your left (12:00) stepping LF forward (8)

Section 6: DOROTHY STEPS R/L, SYNC F ROCK STEPS R/L - BALL

- 1 Step RF diagonally (1:30) forward
- 2 & Lock LF behind RF and step diagonally forward on RF
- 3 Step LF diagonally (10:30) forward
- 4 & Lock RF behind LF and step diagonally forward on LF
- 5 Rock RF forward
- 6 & Recover weight onto LF and step ball of RF next to LF
- 7 Rock LF forward
- 8 & Recover weight onto RF and step ball of LF next to RF

Start again and enjoy! Happy Dancing!

Contact: If anything is unclear or if you would like additional information, please contact me: Mail: linedancing.no@gmail.com

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