Danse Med Meg Selv

Count: 32	**Wand:** 4	**Ebene:** Improver	

Choreograf/in: Dans & Moro (NOR), Hege Mari Berg (NOR) & Heidi Brenden (NOR) - October 2022

Musik: Danse Med Meg Selv - Morgan Sulele

Restart - Wall 5 after 16 counts.

[1 – 8]: R Side together, Side Rock & cross x 2

1 - 4   Step RF to R side(1), step LF beside RF(2), step RF to right side(3)recover weight on LF(&) Cross R infront of L (4)

5 - 8   Step LF to L side(5)step RF beside LF(6) Step LF to Left side(7) recover weight on RF(&) Cross LF infront of LF(8)

[9-16]: R mambo fw, L mambo back, R lockstep fw, step L Fw & Pivot half turn R, step L fw.

1-4   Step RF fw (1) recover weight on LF (&) Step RF beside LF (2), Step LF bw (3) recover weight on RF (&) Step LF beside RF (4)

5-8   Step RF fw(5) Lock LF behind RF (&) Step RF fw(6) Step LF fw (7) make ½ turn right facing 6:00(&) Step LF slightly to L diagonal (8)

*Restart the dance after these counts on wall 5☐

[17-24]: 2 x cross samba(botofogo), 1/4 Diamond turn, L Coaster step.

1&2   Cross RF infront of LF(1) Step LF to left side(&) Recover weight on RF to right diagonal (2)

3&4   Cross LF infront of RF(3) Step RF to right side(&) Recover weight on LF to left diagonal(4)

5&6   Cross RF infront of LF (5) Step LF to left side (&) Step RF back to right diagonal (6)

&7&8   Hitch LF on right diagonal (&) Step LF bw (7) Step RF together facing 9(&) Step LF fw (8)

[25-32]: Side together, Cross shuffle, L Side rockstep, Weave to right side

1-4   Step RF to right side(1) Step LF beside RF (2), cross RF in front of LF (3) step LF to left side(&) cross RF in front of LF (4)

5,6   Step LF to left side (5) Recover on RF (6)

7&8   Cross LF behind RF (7) Step RF to right side (&) Cross LF in front of RF (8)

Start again and smile☐

Start again, have fun and make your own variations☐

Last Update: 27 Feb 2024