Own Your Title



Count: 56 Wall: 2 Level: Phrased Intermediate

Choreographer: Tessa Jansen (NL) - March 2022

Music: Title - Meghan Trainor : (iTunes)



Intro: +/- 2 counts (start on the word "Love")

SEQUENCE: AAB, AAB, AAB, A

PART A

Rumba Fwd L Touch, Rumba Back R Kick, Step Back L, Kick Fwd R, Coasterstep, Hold, 1/4 Turn R

1&2& Step L to L Side, Step R next to L, Step L Fwd, Touch R next to L
3&4& Step R to R Side, Step L next to R, Step R Back, Kick L Fwd

5& Step L Back, Kick R Fwd

6&7& Step R Back, Step L next to R, Step R Fwd, Hold

8& Step L Fwd, ¼ Turn R (3.00)

Crossing Toe Strut, ¼ L Toe Strut Back, ¼ L Side Toe Strut, Slide Ball Cross L, 2x ¼ Turn R Walk Fwd R, L

1&2& Cross L Toe Over R, Drop L Heel, ¼ Turn L Step Back On R Toe, Drop R Heel (12.00)

3&4& 1/4 Turn L Step on L Toe to Left Side, Cross R Toe Over L, Drop R Heel (09.00)

5-6& Step L Big Step to L Side, Drag R Towards L and Step on Ball Of R next to L, Cross L Over

R

7-8 ¼ Turn R Step R Fwd, ¼ Turn R Step L Fwd (03.00)

Note: Toe Struts are Travelling sidewards

Charleston Step, Rumba ¼ Turn R, Jazz Box ¼ Turn R

1-2 Touch R Toe Fwd, Step Back on R3-4 Touch L Toe Backwards, Step Fwd on L

5-6 Cross R Over L, ¼ Turn R Step Back on L (06.00)

7-8 Step R to R Side, Step Fwd on L

2x V Step, Step Pivot ¼ Turn L, Step ½ Pivot Step L

1&2& Step R Fwd (a bit diagonal), Step L fwd (a bit diagonal), Step R back to centre, Step L back

to centre

3&4& R Fwd (a bit diagonal), Step L fwd (a bit diagonal), Step R back to centre, Step L back to

centre

5-6 Step R Fwd, Pivot ½ Turn L (12.00)

7&8 Step R Fwd, Pivot ½ Turn L, Step R Fwd (06.00)

PART B

2x Hip Bumps L, 2x Him Bumps R, Travelling Swivels, Hold

1-2 Bump Hips to L Side, Bump Hips to L Side (place R hand on R Hip, Raise L Fist high to L

Side)

3-4 Bump Hips to R Side, Bump Hips to R Side (place R hand on R Hip, Raise L Fist high to R

Side)

5-6 Swivel Both heels to L Side, Swivel Both toes to L Side

7-8 Swivel Both heels to L Side, Hold

2x Hip Bumps R, 2x Hip Bumps I, Swivel R,L,R, Hold

1-2 Bump Hips to R Side, Bump Hips to R Side (place R hand on R Hip, Raise L Fist high to R

Side)

3-4 Bump Hips to L Side, Bump Hips to L Side (place R hand on R Hip, Raise L Fist high to L

Side)

5-6 Swivel Both heels to R Side, Swivel Both toes to R Side

Diagonal Step Touches, Hold, Step Pivot Step R, Step Pivot Step R

Step L diagonal Fwd (10.30), Touch R next to L, Step R Back (12.00), Touch L next to R 1&2&

Step L diagonal Back (7.30), Touch R next to L, Step R Fwd (12.00), Hold 3&4&

5&6 Step L Fwd, Pivot 1/2 Turn R, Step L Fwd Step R Fwd, Pivot 1/2 Turn L, Step R Fwd 7&8

ENDING: Dance 16 counts of Part A, finish the dance facing 12.00 by making a 1/4 Turn Slide (Big Step) to L Side and strike a pose!

This song makes me very happy and my message with this dance is: Be yourself and OWN YOUR TITLE! You are so worth it!

Last Update - 15 May 2022