Me and the Memory

Count: 32   **Wall:** 4   **Level:** Easy Intermediate

Choreographer: Heidi Cronjé (SA) - March 2020

Music: Alone In the Night - Engelbert Humperdinck : (4:32)

Note: Easier options are suggested to omit the full turns (Level: Improver)

Intro: 16 counts

SECTION 1: 1/2 R SHUFFLE X 3, FWD, 1/4 R
EASIER OPTION: 2 X BACK LOCK STEP, 1/2 R SHUFFLE, FWD, 1/4 R
1&2   Turn 1/4 R and step R side, Step L together, Turn 1/4 R and step R fwd (06:00)
Easier option: Step R back, Lock L over R, Step R back
3&4   Turn 1/4 R and step L side, Step R together, Turn 1/4 R and step L back (12:00)
Easier option: Step L back, Lock R over L, Step L back
5&6   Turn 1/4 R and step R side, Step L together, Turn 1/4 R and step R fwd (06:00)
7-8   Step L fwd, Turn 1/4 R and shift weight to R (09:00)

SECTION 2: CROSS LOCK STEP, R SIDE, L BEHIND, FULL R TURN, SIDE ROCK, RECOVER
EASIER OPTION: CROSS LOCK STEP, R WEAVE, SIDE ROCK, RECOVER
1&2   Cross L over R, Lock R behind L, Cross L over R
3-4   Step R side, Cross L behind R
5-6   Turn 1/2 R and step R side, Turn 1/2 R and step L together (09:00)
Easier option: Step R side, Cross L over R
7-8   Rock R side, Recover L

SECTION 3: CROSS LOCK STEP, SIDE, TOGETHER, BACK SHUFFLE, SIDE, TOGETHER
1&2   Cross R over L, Lock L behind R, Cross R over L
3-4   Step L side, Step R together
5&6   Step L back, Step R together, Step L back
7-8   Step R side, Step L together

SECTION 4: FWD SHUFFLE, ROCK, RECOVER, 1/2 L SHUFFLE, ROCK, RECOVER
1&2   Step R fwd, Step L together, Step R fwd
3-4   Rock L fwd, Recover R
5&6   Turn 1/4 L and step L side, Step R together, Turn 1/4 L and step L fwd (03:00)
7-8   Rock R fwd, Recover L

Start Again. Have fun and Enjoy!

Tag (4 C) x 3: (End of walls 2 (06:00), 6 (06:00) and 9 (03:00)
1-4   Sway R, Sway L, Rock R fwd, Recover L

This dance is dedicated to a Rhythmic Thunder line dancer, Annaleen Burden.
She is very fond of the dance Bosa Nova and the music to this dance reminds me of the music of the same era.

Contact – email: linedanceriversdal@gmail.com