Count: 84
Wall: 1
Level: Phrased Advanced
Choreographer: Amanda Rizzello (FR) \& Stéphanie Bijon (FR) - January 2024
Music: Part Of Me - Cian Ducrot

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Intro : 16 counts
Seq: ABC TAG ABCC C* TAG
Part A
[1-8] SIDE R, BEHIND L, 1/8 TURN R STEP R FWD, STEP L PIVOT 1⁄2 TURN, STEP L FWD, FULL TURN L,
1/8 TURN L INTO R SIDE BASIC NC
12&3 Step RF to R side (1), Cross LF behind RF (2), 1/8 turn to R, step RF fwd (&) Step LF fwd
    (3)
45 1/2 turn to R, weight on R (4), Step LF fwd (5)
6&7 1/2 turn to L, step RF back (6), 1/2 turn to L, step LF fwd (&), 1/8 turn to L, step RF to R side (7)
    06:00
8& Close LF slightly behind R heel (8), Cross RF over LF (&) 06:00
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[9-16] L BASIC NC, SIDE R w/hands mvts, SIDE L w/arms mvts, CROSS R, RECOVER L, SIDE R, CROSS L, RECOVER R, SIDE L

| 12\&3 | Step LF to $L$ side (1), Close RF slightly behind L heel (2), Cross LF over RF (\&), Step RF to R <br> side with hands palm to palm and fingers opened doing a circle like you are carrying a ball (3) |
| :--- | :--- |
| 45 | Step LF to L side bringing RF next to LF and arms opening up from head to sides (4), Cross |
| Rock RF (5) |  |

[17-24] STEP R FWD, ½ TURN L, FULL TURN, RUN R RUN L ROCK R, RECOVER L w/ SWEEP R, BACK R w/SWEEP L, BACK L, BACK R
1 Step RF forward (1)
$2 \& 3 \quad 1 / 2$ turn to L, Step LF fwd (2), $1 / 2$ turn to L, Step RF back (\&), $1 / 2$ turn to L, Step LF fwd (3) 12:00
4\&5 Run RF (4), Run LF (\&), Rock RF fwd (5)
67 Recover on LF with sweep RF from front to back (6), Back RF with sweep LF from front to back (7)
8\& Step LF back (8), Step RF back (\&)
[25-32] ROCK L BACK, RECOVER R, $1 / 4$ TURN R SIDE L, ROCK R BACK, RECOVER L, $1 / 4$ TURN L SIDE R, BACK L w/SWEEP R, BEHIND SIDE, STEP R, STEP L
12
Rock LF back (1), Recover on RF (2)
\&3 $\quad 1 / 4$ turn to R, LF to $L$ side (\&), Rock RF back (3) 09:00
4\&5 Recover on L (4), $1 / 4$ turn to L, RF to R side (\&), Step LF back with R sweep from front to back (5) 12:00

6\&78 Cross RF behind LF (6), Step LF to L side (\&), Step RF forward (7), Step LF forward (8)

## Part B

[1-6] 1/8 TURN R STEP R, STEP L, STEP R w/HITCH L, STEP L w/arms movements, STAND UP, ½ TURN R
1\&2 $1 / 8$ turn to R, step RF fwd (1), Step LF fwd (\&), Step RF fwd whitch L (2) 01:30
34 Step $L$ fwd bending $L$ knee and arms moving from side to the floor (3-4)
56
Recover to standing position (5), $1 / 2$ turn to R, weight on LF (6) 07:30
[7-12] STEP R, SPIRAL TURN TO R, STEP R w/arms movements, $1 / 8$ TURN STEP L, $1 / 4$ TURN R CROSS R, SIDE L
12
Step RF fwd (1), Step LF fwd with spiral turn (2)

Step RF fwd bending $L$ knee and arms moving from side to the floor (3), Recover to standing position(4)
56\& 1/8 turn to R Step LF forward (5), $1 / 4$ turn to $R$ Cross RF in front of LF (6), Step LF to $L$ side (\&) 12:00

| Part C <br> [1-8] R BEHIND, SWEEP L, BEHIND SIDE, $1 / 8$ TURN STEP PIVOT L, FULL TURN, SWEEP L, CROSS $1 / 8$ |  |
| :---: | :---: |
|  | w/head movements, CROSS R, 1/4 TURN R BACK L |
| 1 | Step RF back with sweep LF from front to back (1) |
| $2 \& 3$ | Cross LF behind RF (2), Step RF to R side (\&), 1/8 turn to R, Step pivot LF $1 / 2$ turn (3) 07:30 |
| 4\&5 | Step RF fwd (4), $1 / 2$ turn to R, Step LF back ( $\&$ ), $1 / 2$ turn to R, with sweep LF from back to front (5) |
| 6\&7 | Cross LF over RF (6), $3 / 8$ turn to L, Step LF back while bringing both arms to your head beginning a circle movement from $R$ to $L(\&)$, Step $L F$ to $L$ side finishing the circle movement with your head (7) 03:00 |
| 8\& | Cross RF over LF (8), $1 / 4$ turn to R, Step LF back ( $\&$ ) 06:00 |

[9-16] $1 / 4$ TURN SIDE R w/arms movements, DIAMOND
$12 \quad 1 / 4$ turn to $R$, Step RF to $R$ side $w /$ extended arms raising up from $L$ to $R$ starting with $R$ then $L$ (1-2) 09:00
$3 \quad$ Step LF to $L$ side (3)
4\&5 1/8 turn to R, Step RF back (4), Step LF back (\&), 1/8 turn to R, Step R to R side (5) 12:00
6\&7 1/8 turn to R, Step LF fwd (6), Step RF fwd (\&), 1/8 turn to R, Step LF to L side (7) 03:00
8\& 1/8 turn R Step RF back (8), Step LF back (\&)
[17-24] 3/8 TURN R SIDE R, SIDE L, 1/2 TURN L, BACK R, BACK L, BACK R, 1/2 TURN L STEP L HITCH R, CROSS R, BACK L, 1/8 TURN L BACK R, BACK L, 1/8 TURN R SIDE R
$12 \quad 3 / 8$ turn to $R$, Step $R$ to $R$ side $w / R$ arm to $R$ side (1), Step $L F$ to $L$ side $w / L$ arm to $L$ side (2) 06:00
$31 / 2$ turn to $L$, Step RF back raising up R arm (3) 12:00
4\&5 Step LF back (4) Step RF back (\&), 1/2 turn to L, Step LF fwd hitching R (5) 06:00
6\&7
8\&
Cross RF over LF (6), Step LF back (\&), 1/8 turn to L, Step RF back (7) 04:30
Step LF back (8), 1/8 turn to R, Step RF to R side (\&) 06:00
[25-32] CROSS L, SIDE R w/ L ARABESQUE, SIDE L, CROSS R, SIDE L, BEHIND R, SWAY L, SWAY R, ½ TURN L
12 Cross LF over RF (1), Step RF to $R$ side raising up your $R$ arm with $L$ arabesque (2)
3
4\&5
$678 \quad$ Step $L F$ to $L$ side with sway $L$ reaching your heart with $R$ hand (6), Sway $R(7), 1 / 2$ turn to $L(8)$ 12:00
*C (from 17 to 32), you will be facing wall 06:00, replace count 8 by SWAY L
TAG
[1-8] SIDE R, BEHIND L, SIDE R, CROSS ROCK L, RECOVER, R, SIDE L, CROSS ROCK R, RECOVER L, CLOSE R, STEP L, TOUCH R
$1 \quad$ Step RF to $R$ side (1)
2\&3 Cross LF behind RF (2), Step RF to R side (\&), Cross rock LF over RF (3)
4\&5 Recover on R (4), Step LF to L side (\&), Cross rock RF over LF (5)
6\&7 Recover on L (6), Step RF next to L (\&), Step LF fwd (7)
$8 \quad$ Touch RF next to $L$ (8)
Never hesitate to talk to you family, friends or doctors before... falling down
Last Update: 4 Apr 2024
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