

You Don't Own Me

Compte: 36

Mur: 1

Niveau: Intermediate

Chorégraphe: Island Trio (CAN), Lynda Maynard (CAN), Debbie Dickie (CAN) & Linda (CAN) - April 2022

Musique: You Don't Own Me - Jann Arden



#16 Count Intro

Section 1- Cross Rocks x 2, Cross, side touches x 2

- 1a2 Cross rock right over left, recover weight to left, step right to right side
- 3a4 Cross rock left over right, recover weight to right, step left to left side
- a5a6 Cross right over left, step left to left, touch right toe forward, step right down
- a7a8 Cross left over right, step right to right, touch left toe forward, step left down (12:00)

Section 2- Walk forward, Spiral turn, Rocking Chair

- 1-2 Walk forward right, left
- 3-4 Step right forward, making full spiral turn left (weight remains on right) or non turning option - step right fwd. hold
- 5-8 Rock left forward, recover weight to right, rock left back, recover weight to right (12:00)

Section 3- Pivot ½, Full Turn, Sways

- 1-2 Step left forward, turn ½ right, transfer weight to right, stepping right forward
- 3a4 Full turn right, step left back ½ right, step right forward ½, step left together Non-turning
Option – Shuffle forward left, right, left
- 5-8 Step right to right with a sway right, left, right, left, (hands by sides palms facing down) and snap fingers on 8 (6:00)

Section 4 – ½ Turn, Sways, Jazzbox

- 1-4 Turning ½ left step right to right side as you sway right, sway left, right, left (hands by sides palm facing down) and snap on 8
- 5-8 Cross right over left, step left back, step right to right side, step left together (12:00)

Section 5- Sailor Steps

- 1a2 Step right behind left, step left to left side, step right to right side
- 3a4 Step left behind right, step right to right side, step left to left side (12:00)*

*Tag-16 Count – At the end of Wall 3 (12:00)

Side Steps, Heel Lifts, 3 left 1/4 Pivots

- a1,2,3,4 Step right to right side, touch left touch forward, lift left heel 4 times (pumping your knee),(hands on hips, shaking head NO)
- a5,6,7,8 Step down on left, and touch right toe forward, lift right heel 4 times (pumping your knee, moving hands from hips to touch right index finger by lips)
- a1,a2,a3,a4 Transfer weight to right stepping right by left, on the spot lifting heels begin with left, right, left (weighted left when done)
- 5-6 Step right forward, pivot ¼ left, step left forward
- 7a8a Step right forward, pivot ¼ left, stepping left forward, pivot ¼ left, stepping left forward (12:00)

Last Update - 1 Apr 2022