

# Me for Me

**COPPER KNOB**  
STEPPERS

拍数: 32      墙数: 4      级数: Improver  
编舞者: Pam Wingo (USA) - January 2023  
音乐: Me For Me - Tyler Hubbard



Restart after 16 cts, on wall 3

#16 Count intro - dance moves CCW

## Section 1: Side Rock, behind side cross, Rock recover with 1/2 turn shuffle:

1-2      Rock R to side, recover weight on L  
3&4      Cross R foot behind L, step L to side, cross R foot over L  
5-6      Rock L foot forward at slight diagonal, recover weight to R foot  
7&8      Make 1/2 turn shuffle over L shoulder (LRL) (6:00)

## Section 2: Heel Touch Cross, Shuffle (R & L)

1-2      Touch R heel forward, cross R foot over L shin  
3&4      Shuffle forward at slight diagonal (R,L,R)  
5-6      Touch L heel forward, cross L foot over R shin  
7&8      Shuffle forward at slight diagonal (L,R, L)

\*\*\*RESTART ON WALL 3- WILL BE FACING 12:00 WHEN COMPLETED)

## Section 3: Rock recover, shuffle back R, Rock recover, shuffle left with 1/4 turn shuffle

1-2      Rock forward on R, recover weight on L  
3&4      Shuffle back R,L, R  
5-6      Rock back on L, recover weight to R  
7&8      Make a 1/4 turn with L foot, bring R foot next to L, step L to side (9:00)

## Section 4: Mambo Forward, Mambo Back, Samba Step (2 's)

1&2      Rock forward on R, recover weight to L, step R foot next to L  
3&4      Rock back on L, recover weight to R, step L foot next to R  
5&6      Rock R foot out to side, put weight onto L, cross R foot over L  
7&8      Rock L foot out to side, put weight onto R, cross L foot over R

**HAVE FUN AND ENJOY!!!!**

Any questions, contact [pamdances@icloud.com](mailto:pamdances@icloud.com)