Be Me



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音乐: Me Too - Meghan Trainor



Start on vocals Intro: 32 counts

A (64) - B (16) - Tag (8)

Sequence: ABB Tag ABB ABB BB

Part A - 64c

SECTION.I - WALK FORWARD FOR THREE TIME, TOUCH FORWARD, WALK BACKWARD FOR THREE TIME. TOUCH BACK

Step RF forward
 Step LF forward
 Step RF forward
 Touch LF toe forward
 Step LF back

6- Step LF back 7- Step LF back Step LF back

8- Touch RF toe backward

SECTION.II - DIAMOND 1/4 TURN RIGHT, RIGHT SIDE MAMBO, LEFT SIDE MAMBO

1- Cross RF over LF&- Step LF to Left side

2- Turn 1/8 turn Right stepping RF back

&- Hitch LF knee up 3- Step LF back

&- Turn 1/8 turn Right, step RF to Right side

4- Step LF forward
5- Step RF to Right side
&- Recover on LF
6- Step RF together
7- Step LF to Left side
&- Recover on RF

SECTION.III - MODIFIED ANCHOR STEP, SPORT HIP SWAYS

1- Cross RF behind LF angle body Right diagonal&- Touch LF toe forward with hips roll forward (CCW)

2- Step RF in place (weight on RF)

Step LF together

3- Cross LF behind RF angle body to Left diagonal
 &- Touch RF toe forward with hips roll forward (CW)

4- Step LF in place (weight on LF)
5- Sway hips Right with sport
6- Sway hips Left with sport
7- Sway hips Right with sport

8- Sway hips Left with sport (weight on LF)

SECTION.IV -

8-

1 - 2	Swing Both Hands Up Down In Opposite Directions Facing Left For 2 Counts
3 & 4	Repeat 1 & 2 Facing Right (Weight On Lf)
5-	Step RF to Right side with shimmy shoulders
6-	Touch LF toe beside RF
7-	Step LF to Left side with shimmy shoulders
8-	Touch RF toe beside LF
· ·	Todon Na too booldo En
	- LOCK SHUFFLE FORWARD RIGHT DIAGONAL, LOCK SHUFFLE FORWARD LEFT JAZZ BOX 1/4 TURN RIGHT
1-	Step RF forward Right diagonal
&-	Lock LF behind RF
2-	Step RF forward Right diagonal
3-	Step LF forward Left diagonal
&-	Lock RF behind LF
4-	Step LF forward Left diagonal
5-	Cross RF over LF
6-	Step LF back
7-	Turn 1/4 turn Right step RF to Right side
8-	Step LF forward
SECTION.VI	- MAMBO FORWARD, BACK MAMBO, DOUBLE SHUFFLE WITH CIRCLE 1/2 TURN RIGHT
1-	Step RF forward
&-	Recover on LF
2-	Step RF back
3-	Step LF back
&-	Recover on RF
4-	Step LF forward
5-	Turn 1/4 turn Right stepping RF forward
&-	Step LF next to RF
6-	Step RF forward
7-	Step LF forward
&-	Step RF next to LF
8-	Step LF forward
_	II - KICK-BALL-POINT 2X, HIP BUMPS WITH FLICK BEHIND 2X Kick RF forward
1-	
&-	Ball step RF next to LF
2-	Point LF toe to Left side Kick LF forward
3-	
&- 4	Ball step LF next to RF
4-	Point RF toe to Right side
5-	Bumps hip to Right with power
&-	Bumps hip to Left
6-	Bumps hip to Right with plick LF behind RF
7-	Bumps hip to Left with power
&-	Bumps hip to Right
8-	Bumps hip to Left with plick RF behind LF
	III - JUMP TO RIGHT SIDE, HOLD, JUMP TO LEFT SIDE, HOLD, HEEL TWITCHES, TAKE BIG WITH DRAG & CLOSE
&-	Step RF to Right side with jump
	Touch LF toe beside RF
1-	TOUGHTE TOE DESIGE INF

1-2-

&-

Hold

Step LF to Left side with jump

3-	Touch RF toe beside LF
4-	Hold
5-	Touch RF heel forward
&-	Step RF together
6-	Touch LF heel forward
&-	Step LF together
7-	Take big step RF to Right side with LF drag
8-	Close LF beside RF

Part B - 16c

SECTION.I - V. STEP, PADDLE 1/4 TURN LEFT (4X)

- 1- Step RF forward Right diagonal (out)
- 2- Step LF forward Left diagonal (out)
- 3- Step RF back to center (in)4- Step LF back to center (in)
- 5- Paddle (sport) 1/4 turn Left with tap RF toe
- 6- Tap RF toe 1/4 turn Left
 7- Tap RF toe 1/4 turn Left
 8- Tap RF toe 1/4 turn Left

(1 - 8) Free body style or hand style variation

SECTION.II - CROSS POINT (2X), ROCK STEP FORWARD, RECOVER, BALL STEP

- Step RF forward & cross
 Point LF toe to Left side
 Step LF forward & cross
 Point RF toe to Right side
- 5- Step RF forward
- 6- Hold
- 7- Step LF in place&- Ball step RF next to LF
- 8- Step LF forward

TAG: 8c

STEP SIDE SLOW MOVEMENTS WITH BODY ROLL TO RIGHT SIDE (WEIGHT ON RF) 1 - 4

5 - 8 REPEAT TO LEFT and (WEIGHT ON LF)

Begin again, Enjoy & have fun!

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