

Me on You

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Advanced
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音乐: Me On You - Muscadine Bloodline



SECTION A – Start (32 Counts)

- 1 Grapevine to the Right (R-leg steps out) (12 o'clock)
 - 2 L-leg steps behind R-leg (12 o'clock)
 - & R-leg steps out to the Right (12 o'clock)
 - 3 L-leg crosses in front of R-leg (12 o'clock)
 - & R-leg steps out to R (12 o'clock)
 - 4 L-leg goes behind R-leg sitting back on it while you ¼ turn (9 o'clock)
 - & Shift weight onto the R-foot (9 o'clock)
 - 5 L-leg steps forward (9 o'clock)
 - & Hitch R-leg 360 turn over R-shoulder (9 o'clock)
 - 6 V Step- Land with R-foot on the ball of your foot, weight still on L-leg (9 o'clock)
 - & L-Leg steps out on the ball of your foot to the left (9 o'clock)
 - 7 R-Leg goes back to the middle (9 o'clock)
 - & L-leg goes back to the middle (9 o'clock)
 - 8 Hold (9 o'clock)
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- 1 Heel Grind with R-foot going to the Left (9 o'clock)
 - 2 L-leg steps to the Left (9 o'clock)
 - 3 Heel Grind with R-foot going to the Left (9 o'clock)
 - 4 Rock recover on L-leg (9 o'clock)
 - 5 & 6 shuffle Right (9 o'clock)
 - 7 & 8 180 turn over left shoulder to shuffle Left (3 o'clock)
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- 1,2,3,4 ¼ turn over L shoulder to Sway in place (12 o'clock)
 - & Cross R-Leg behind the L-leg (12 o'clock)
 - 5,6,7,8 Unwind and bounce 360 turn (12 o'clock)
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- 1 & 2 Cross Recover starting with R-leg (12 o'clock)
 - 3 & 4 Cross Recover stepping with L-Leg (12 o'clock)
 - 5 R-Leg crosses over L-leg (6 o'clock)
 - 6,7,8 unwind 180 and shimmy while turning (6 o'clock)

SECTION B – [Start] (24 Counts)

- 1,2 Slow Boogie walks on the balls of your feet, legs slightly bent (12 o'clock)
 - 3 & 4 a nd: Fast Boogie walks on the balls of your feet, legs slightly bent (12 o'clock)
 - 5 R-foot kicks forward (12 o'clock)
 - & R-Leg comes back to middle (12 o'clock)
 - 6 L-leg points out to the Left, weight on the R-foot (12 o'clock)
 - 7 L-foot kicks forward (12 o'clock)
 - & L-leg comes back to middle (12 o'clock)
 - 8 R-leg points out Right, weight on the L-foot (12 o'clock)
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- 1,2 Scuff hitch with R-leg (12 o'clock)
 - 3 & 4 Coaster step with R-leg (12 o'clock)
 - & L-leg comes together to the middle (12 o'clock)
 - 5,6 ¼ turn over right shoulder while Scuffing R-leg (3 o'clock)

- 7,8 ¼ turn over left shoulder while Scuffing L-leg (12 o'clock)
- 1 ¼ turn over Left shoulder while scuff/kicking L-leg (9 o'clock)
- & ¼ turn weight goes onto L-leg, R-leg slightly kicks back to wind-ups to scuff (6 o'clock)
- 2 R-leg scuffs and plants foot (6 o'clock)
- & 3 180 turn over Left shoulder while L-leg scuffs backwards (12 o'clock)
- 4 Step forward with R-leg
- 5,6,7,8 180 turn with the weight on the R-foot and body roll over left shoulder

Dance Sequence / Structure: A(32),A(32),A(32),B(16),A(32),B(24),B(24),HOLD 2
COUNTS:A(8),A(8),A(8),A(32)

Notes / Styling Tips:

- When doing the part A with 8-counts, don't put your weight on the R leg on 8 when it crosses in front, just point it.
 - For the sways in Part A, feel free to make it your own
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