

For Me Lately

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Jonno Liberman (USA) - November 2018
音樂: What Have You Done for Me Lately - Janet Jackson : (Album: Janet Number Ones)



Dance begins after 32 counts

[1-8] Touch, Look, Side, Weave, 1/4, 1/2, 1/4, Together (12:00)

1, 2, 3 Touch R behind L as you look left, Turn head to look front, Step R to right
4&5 Cross L behind R, Step R to right, Cross L over R
6, 7 Turn 1/4 left as you step R back (9:00), Turn 1/2 left as you step L forward (3:00)
8& Turn 1/4 left as you step R to right (12:00), Step L next to R

[9-17] 80's Cross-Side-Cross, 1/4 Triple, Hitch, Slide, Back, 1/2, Step (3:00)

1, 2, 3 Cross R over L, Step L to left, Cross R over L
Styling: Your toes should point toward each other for counts 1-2-3. If this is uncomfortable, you're welcome to add your own styling, such as alternating shoulder pops, etc., in place of the knee styling.
4&5 Turn 1/4 left as you step L forward, Step R next to L, Step L forward (9:00)
6, 7 Hitch R, Step R back as you slide L toward R
8&1 Step L back, Turn 1/2 right as you step R forward (3:00), Step L forward

[18-25] Kick, Out, Out, Knee Twist, Shoulder Pop x3, Sailor (3:00)

2&3 Kick R, Step R out to right, Step L out to L
4 Twist R knee in to center and drop L shoulder down as you sharply look to left
If the knee twist is uncomfortable you can substitute with a slight pop forward or choose to only do the shoulder styling.
5, 6, 7 (just before each count, shrug both shoulders up keeping L lower than R) Drop both shoulders down on counts 5, 6, and 7, still keeping L lower than R. Shift weight onto R by count 7
-or-
8&5&6&7 Alternate raising one shoulder and dropping the other. Shift weight onto R by count 7
8&1 Step L behind R, Step R to right, Step L to left as you touch your left hand (finger tips) to your forehead, extend R hand up and out to right with hand turned up as if to say "stop")

[26-32] Together, Side, Touch, Side w/Body Roll, Touch, Side w/Body Roll, Kick, Hitch (3:00)

2, 3 Step R next to L (keep R arm extended and let hand drop down as if waiting for hand to be kissed), Step L to left (keep R arm extended and raise hand up as if to say "stop")
4, 5 Touch R next to L (clap hands together), Roll body right as you step R to right
6, 7 Touch L next to R, Roll body left as you step L to left
8& Kick R to right, Hitch R keeping knee turned out to right

NOTES: You can begin to fade out the music after the 10th repetition as the song is rather long and there is currently no shorter edit on iTunes.

And remember - This dance is based on the dance trends of the 80's, specifically Janet Jackson. Go to town with the styling and have fun!

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