

On Me

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Hiroko Carlsson (AUS) - July 2020
音樂: On Me (feat. Ava Max) - Thomas Rhett & Kane Brown : (iTunes)



(Intro: 16 counts)

[S1] 1/4L Side(Twist), Side(Twist), Twist-Recover 1/4R-1/2R w/Sweep, Behind-Side-Cross, Run 3/4L

- 1 2 Step forward on R then make a 1/4 turn left and slightly twist your body to the left (9:00),
Recover weight on L and slightly twist your body to the right –feet are shoulder length apart-
- 3&4 Recover weight on R and slightly twist your body to the left, Recover weight on R and make a
1/4 turn right (12:00), Make a 1/2 turn right stepping back on L and sweep R around L (6:00)
- 5&6 Step R behind L, Step L to the side, Cross R over L
- 7&8 Making a 3/4 circle turn left – Run forward L-R-L (9:00)

[S2] Cross Rock-&-Heel-&-Touch-&, Fwd Rock-&-Cross Heel-1/4L-Together

- 1 2& Cross R over L while facing the left corner (7:30), Recover weight on L, Step R to the side
- 3&4& Heel forward on L, Recover/step L next to R (9:00), Touch R next to L, Step R to the side
- 5 6& Rock forward on L, Recover weight on R, Step L next to R
- 7&8 Touch R heel across L, Make a 1/4 turn left stepping back on R, Step L together** (6:00)

[S3] Side, Together, Shuffle Fwd, Side-Together, Shuffle Back, 1/2R

- 1 2 Step R to the side, Step L next to R
- 3&4 Shuffle forward R-L-R
- &5 Step L to the side, Step R next to L
- 6&7 Shuffle back L-R-L
- 8 Make a 1/2 turn right stepping forward on R (12:00)

[S4] 1/2R, Coaster Hitch, Back-1/4R-Fwd Hitch, Back-1/2L-Step Pivot 1/2L

- 1 Make a 1/2 turn right stepping back on L (6:00)
- 2&3 Step back on R, Step L next to R, Step forward on R and hitch L knee forward
- 4&5 Step back on L, Make a 1/4 turn right stepping forward on R, Step forward on L and hitch R
knee forward (9:00)
- 6& Step back on R, Make a 1/2 turn left stepping forward on L (3:00)
- 7 8 Step forward on R, Make a 1/2 turn left stepping forward on L (9:00)

Restart on Wall 2 count 16** (3:00)-prep for 1/4L turn to the front wall.

Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)
(updated: 8/Jul/20)