

# Me Rehuso (I Refuse)

**COPPER KNOB**  
STEPSHEETS

拍數: 64      牆數: 2  
編舞者: Joan Morro (ES) - August 2020  
音樂: Me Rehúso - Danny Ocean

級數: Phrased Low Improver



Sequence: A, A, B, A, A, B, B, tag 1, tag 2, B, B

## PART A

**[1-8] HEEL TOUCH R X 2, BACK POINT, STEP FWD, HEEL TOUCH L X 2, BACK POINT, STEP FWD**

- 1-2 RF Heel Touch x 2
- 3-4 RF Point bwd, step fwd.
- 5-6 LF Heel Touch x2
- 7-8 LF Point bwd, step together RF

**[9-16] DIAGONALLY SIDE STEP R&L, STP BWD X 4**

- 1-2 RF Step slightly R diagonally, LF touch near RF
- 3-4 LF Step slightly L diagonally, RF touch near LF
- 5-8 Step Bwd x 4 R, L, R, L

**[17-24] STEP SIDE R & SHIMMY, STEP SIDE L & SHIMMY**

- 1-2 RF Big step side R, LF touch near RF
- 3-4 Shimmy (with the rhythm of music)
- 5-6 LF Big step side L, RF touch near LF
- 7-8 Shimmy (with the rhythm of music)

**[25-32] STEP FWD, ¼ TURN L X 2, JAZZ BOX**

- 1-2 RF Step fwd & turn ¼ L, LF Recover weight (9.00)
- 3-4 RF Step fwd & turn ¼ L, LF Recover weight (6.00)
- 5-8 RF cross over LF, LF step bwd, RF step side R, LF step fwd.

## PART B

**[1-8] TOE & STEP X 2 R&L, STEP BWD X 4 (ARM MOVEMENTS)**

- 1-2 RF Toe fwd, RF Step fwd
- 3-4 LF Toe fwd, LF step fwd
- 1-4 RA Put your right arm in front and with the index finger extended say no
- 5-8 Step bwd x 4 R, L, R, L
- 5-8 BA At each step back with both hands push out

**[9-16] TOE & STEP X 2 R&L, STEP BWD X 4 (ARM MOVEMENTS)**

- 1-2 RF Toe fwd, RF Step fwd
- 1-2 LA extend your LA upward and clench your fist as if catching the air
- 3-4 LF Toe fwd, LF step fwd
- 1-4 RA extend your RA upward and clench your fist as if catching the air
- 5-8 Step bwd x 4 R, L, R, L
- 5-8 BA Cross your fists and as you go back lower them waving the movement

**[17-24] TOE & STEP X 2 R&L, STEP BWD X 4 (ARM MOVEMENTS)**

- 1-2 RF Toe fwd, RF Step fwd
- 1-2 LA extend your LA forward with an open hand
- 3-4 LF Toe fwd, LF step fwd
- 3-4 RA extend your RA forward with an open hand
- 5-8 Step bwd x 4 R, L, R, L

5-8 BA bring both hands to the sides of the body and slide them to the waist.

**[25-32] STEP SIDE R & HIP ROLLS, STEP SIDE L & HIP ROLLS**

1-2 RF Big step side R, LF touch near RF  
3-4 Hip rolls (with the rhythm of music)  
5-6 LF Big step side L, RF touch near LF  
7-8 hip rolls (with the rhythm of music)

**TAG 1**

**[1-8] PADDLE TURN X 4**

1-2 RF step fwd &  $\frac{1}{4}$  turn L, LF Recover weight (9.00)  
3-4 RF step fwd &  $\frac{1}{4}$  turn L, LF Recover weight (6.00)  
5-6 RF step fwd &  $\frac{1}{4}$  turn L, LF Recover weight (3.00)  
7-8 RF step fwd &  $\frac{1}{4}$  turn L, LF Recover weight (12.00)

**[1-7] RECOVER & HOLDS**

1-7 During the 7 times slowly recover the weight to the RF

**TAG 2**

**[1-8] STEP SIDE L & CLOSE X 3, STEP SIDE L & TOUCH**

1-2 LF step side L, RF close near LF  
3-4 LF step side L, RF close near LF  
5-6 LF step side L, RF close near LF  
7-8 LF step side L, RF touch near LF

**[9-16] STEP SIDE L & CLOSE X 4**

1-2 RF step side R, LF close near RF  
3-4 RF step side R, LF close near RF  
5-6 RF step side R, LF close near RF  
7-8 RF step side R, LF close near RF

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