

Me Myself and I

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: J & J (USA) - March 2025
音樂: Me Myself & I - Marcus Johnson



I believe soul line dances are usually learned by watching people dance it and memorizing the steps and how they fit the music, making strong musical muscle memories. This dance, fortunately, also lends itself to being counted and written into a step sheet for other learning preferences. The counts are based on the rhythm of the music.

CHA CHA CHA UP CHA CHA CHA BACK WITH QUARTER TURN RIGHT

&2 3 4 Triple step forward RLR, rock forward on left, recover on right
5&6 7 8 Triple step back LRL, rock forward on right, recover on left
7 8 Step right making quarter turn right, finish on left

GRAPEVINES

1 2 3 4 Grapevine to the right RLRL
5 6 7 8 Grapevine to the left LRLR

ALTERNATING TRAVELING KICK BALL CHANGES

1 2& 3 4& Tap on right, kick right, step on right, tap on left, kick left, step on left
5 6& 7 8& Repeat steps 1-4

TRAVELING SIDE ROCK CHAS

1&2& Step right to right, touch left to right, step left, touch right to left
3&4 Step side right, left together, side right
5&6& Step left to left, touch right to left, step right, touch left to right
7&8 Step side left, right together, side left

REPEAT ENTIRE DANCE

Submitted by: Bonnie Berns - Email: yaelchina@yahoo.com