

Be Me

COPPER KNOB
STEPSHEETS

拍數: 80 牆數: 1 級數: Phrased Intermediate
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Lelanti (INA) - May 2025
音樂: Me Too - Meghan Trainor



Start on vocals
Intro: 32 counts

A (64) - B (16) - Tag (8)
Sequence: ABB Tag ABB ABB BB

Part A - 64c

SECTION.I - WALK FORWARD FOR THREE TIME, TOUCH FORWARD, WALK BACKWARD FOR THREE TIME, TOUCH BACK

- 1- Step RF forward
- 2- Step LF forward
- 3- Step RF forward
- 4- Touch LF toe forward
- 5- Step LF back
- 6- Step RF back
- 7- Step LF back
- 8- Touch RF toe backward

SECTION.II - DIAMOND 1/4 TURN RIGHT, RIGHT SIDE MAMBO, LEFT SIDE MAMBO

- 1- Cross RF over LF
- &- Step LF to Left side
- 2- Turn 1/8 turn Right stepping RF back
- &- Hitch LF knee up
- 3- Step LF back
- &- Turn 1/8 turn Right, step RF to Right side
- 4- Step LF forward
- 5- Step RF to Right side
- &- Recover on LF
- 6- Step RF together
- 7- Step LF to Left side
- &- Recover on RF
- 8- Step LF together

SECTION.III - MODIFIED ANCHOR STEP, SPORT HIP SWAYS

- 1- Cross RF behind LF angle body Right diagonal
- &- Touch LF toe forward with hips roll forward (CCW)
- 2- Step RF in place (weight on RF)
- 3- Cross LF behind RF angle body to Left diagonal
- &- Touch RF toe forward with hips roll forward (CW)
- 4- Step LF in place (weight on LF)
- 5- Sway hips Right with sport
- 6- Sway hips Left with sport
- 7- Sway hips Right with sport
- 8- Sway hips Left with sport (weight on LF)

SECTION.IV –

- 1 - 2 Swing Both Hands Up Down In Opposite Directions Facing Left For 2 Counts
- 3 & 4 Repeat 1 & 2 Facing Right (Weight On Lf)
- 5- Step RF to Right side with shimmy shoulders
- 6- Touch LF toe beside RF
- 7- Step LF to Left side with shimmy shoulders
- 8- Touch RF toe beside LF

SECTION.V - LOCK SHUFFLE FORWARD RIGHT DIAGONAL, LOCK SHUFFLE FORWARD LEFT DIAGONAL, JAZZ BOX 1/4 TURN RIGHT

- 1- Step RF forward Right diagonal
- &- Lock LF behind RF
- 2- Step RF forward Right diagonal
- 3- Step LF forward Left diagonal
- &- Lock RF behind LF
- 4- Step LF forward Left diagonal
- 5- Cross RF over LF
- 6- Step LF back
- 7- Turn 1/4 turn Right step RF to Right side
- 8- Step LF forward

SECTION.VI - MAMBO FORWARD, BACK MAMBO, DOUBLE SHUFFLE WITH CIRCLE 1/2 TURN RIGHT

- 1- Step RF forward
- &- Recover on LF
- 2- Step RF back
- 3- Step LF back
- &- Recover on RF
- 4- Step LF forward
- 5- Turn 1/4 turn Right stepping RF forward
- &- Step LF next to RF
- 6- Step RF forward
- 7- Step LF forward
- &- Step RF next to LF
- 8- Step LF forward

SECTION.VII - KICK-BALL-POINT 2X, HIP BUMPS WITH FLICK BEHIND 2X

- 1- Kick RF forward
- &- Ball step RF next to LF
- 2- Point LF toe to Left side
- 3- Kick LF forward
- &- Ball step LF next to RF
- 4- Point RF toe to Right side
- 5- Bumps hip to Right with power
- &- Bumps hip to Left
- 6- Bumps hip to Right with plick LF behind RF
- 7- Bumps hip to Left with power
- &- Bumps hip to Right
- 8- Bumps hip to Left with plick RF behind LF

SECTION.VIII - JUMP TO RIGHT SIDE, HOLD, JUMP TO LEFT SIDE, HOLD, HEEL TWITCHES, TAKE BIG STEP SIDE WITH DRAG & CLOSE

- &- Step RF to Right side with jump
- 1- Touch LF toe beside RF
- 2- Hold
- &- Step LF to Left side with jump

- 3- Touch RF toe beside LF
- 4- Hold
- 5- Touch RF heel forward
- &- Step RF together
- 6- Touch LF heel forward
- &- Step LF together
- 7- Take big step RF to Right side with LF drag
- 8- Close LF beside RF

Part B - 16c

SECTION.I - V. STEP, PADDLE 1/4 TURN LEFT (4X)

- 1- Step RF forward Right diagonal (out)
- 2- Step LF forward Left diagonal (out)
- 3- Step RF back to center (in)
- 4- Step LF back to center (in)
- 5- Paddle (sport) 1/4 turn Left with tap RF toe
- 6- Tap RF toe 1/4 turn Left
- 7- Tap RF toe 1/4 turn Left
- 8- Tap RF toe 1/4 turn Left

(1 - 8) Free body style or hand style variation

SECTION.II - CROSS POINT (2X), ROCK STEP FORWARD, RECOVER, BALL STEP

- 1- Step RF forward & cross
- 2- Point LF toe to Left side
- 3- Step LF forward & cross
- 4- Point RF toe to Right side
- 5- Step RF forward
- 6- Hold
- 7- Step LF in place
- &- Ball step RF next to LF
- 8- Step LF forward

TAG: 8c

STEP SIDE SLOW MOVEMENTS WITH BODY ROLL TO RIGHT SIDE (WEIGHT ON RF) 1 - 4

5 - 8 REPEAT TO LEFT and (WEIGHT ON LF)

Begin again, Enjoy & have fun!

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