



ABOUT ME



Niveau :

Chorégraphe : Silvia Denise Staiti

Musique : How 'Bout You by Lizzie Sider

Style : Catalan

Type : 64 counts - 2 walls - 1 tag (8 counts) -
2 restarts

SECTION 1 1 À 8 DIAGONAL TOE STRUT R, TOE STRUT L, TOE R, HEEL R, TOE L, HEEL L

- 1 - 2 Step forward diagonal right touching right toe to floor, drop right heel to the floor
- 3 - 4 Step forward diagonal right touching left toe to floor, drop left heel to the floor
- 5 - 6 Touch right toe back, touch right heel forward
- 7 - 8 Touch left toe back, touch left heel forward

SECTION 2 9 À 16 FLICK, STOMP, SWIVEL, SCUFF, STOMP FORWARD, SCUFF, STOMP FORWARD

- 1 - 2 Kick back with right knee flexed, stomp right foot beside left (weight remains on the left foot)
- 3 - 4 Swivel right toe to right, Swivel right heel to right
- 5 - 6 Scuff left foot gently across floor beside right foot, stomp left foot forward
- 7 - 8 Scuff right foot gently across floor beside left foot, Stomp right foot forward (weight remains on the left foot)

SECTION 3 17 À 24 ROCK STEP, STEP BACK, HOLD, COASTER STEP, HOOK

- 1 - 2 Rock forward on left foot (weight on left), rocking back onto right foot (recover weight on right)
- 3 - 4 Step right foot back, pause
- 5 - 6 Step back on right foot, step left foot next to right
- 7 - 8 Step forward on right foot, hook left foot back right knee

SECTION 4 25 À 32 ROCK SIDE, ½ TURN, SCUFF, STEP R, STOMP UP, STEP L, STOMP UP

- 1 - 2 Rock to left on left foot (weight on left), rocking back onto right foot (recover weight on right)
- 3 - 4 Step left forward turning ½ left (right foot remains behind), scuff right foot gently across floor beside left foot
- 5 - 6 Step right foot forward, stomp up left foot beside right (weight remains on the right foot)
- 7 - 8 Step left to the left, stomp up right foot beside left (weight remains on the left foot) *

** restart here at 3th and 7th wall*

SECTION 5 33 À 40 ¼ TURN L & SHUFFLE BACK R, ½ TURN TOE STRUT, ROCK STEP, STEP BACK R, STEP BACK L

- 1 & 2 ¼ turn on left and foot right back, close left foot besides right, step back on right foot
- 3 - 4 Step back touching left toe to floor, ½ turn on left and drop left heel to the floor
- 5 - 6 Rock forward on right foot (weight on right), rocking back onto left foot (recover weight on left)
- 7 - 8 Step right foot back, Step left foot back

SECTION 6 41 À 48 ½ TURN TOE STRUT, ½ TURN TOE STRUT, ½ TURN TOE STRUT, TOE STRUT

- 1 - 2 Step back touching right toe to floor, ½ turn to right and drop right heel to the floor
- 3 - 4 Step forward touching left toe to floor, ½ turn to right and drop left heel to the floor
- 5 - 6 Step back touching right toe to floor, ½ turn too right and drop right heel to the floor
- 7 - 8 Step forward touching left toe to floor, drop left heel to the floor

SECTION 7 49 À 56 TOE SIDE R, STEP BACK, TOE SIDE L, STEP BACK, MONTEREY ¼ TURN R, HOOK

- 1 - 2 Touch right toe right, Step right foot back
- 3 - 4 Touch left toe left, Step left foot back
- 5 - 6 Touch right toe right, ¼ turn on right and touch right toe beside left
- 7 - 8 Touch left toe left, hook left over right

SECTION 8 57 À 64 (JUMPING) CROSS, KICK L, KICK R, CROSS, KICK R, FLICK, STOMP L, STOMP UP R

- 1 - 2 Cross left foot over right, return weight on right and kick left
- 3 - 4 Return weight on left and kick right, cross right foot over left
- 5 - 6 Return weight on left and kick right, return weight on right and kick back with left knee flexed
- 7 - 8 Stomp left foot forward (weight remains on the right foot), stomp up right foot beside left

TAG after 5th wall

1 - TOE R, TOGHETER, TOE L, TOGETER, TOE R, TOGHETER, TOE L, TOGHETER

- 1 - 2 Touch right toe forward, bring back right foot beside left
- 3 - 4 Touch left toe forward, bring back left foot beside right
- 5 - 6 Touch right toe forward, bring back right foot beside left
- 7 - 8 Touch left toe forward, bring back left foot beside right

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