

Me & My Girl

IMPROVER

64 Count 4 Walls

Choreographed by: Cairos

Choreography and Dance & Janey Betts

Choreographed to: Me And My

Girl (Night Clubbing) by David Essex

Section 1 Hip Circle, Hip Bumps

1 - 4 Circle hips anti-clockwise

5 - 8 Bump hips twice R and twice L

Section 2 Weave Right, Pivot Turn, Stomp Stomp, Clip

1 - 3 Weave R: Step R to side, L behind R, R to side

45 Pivot Turn: Step fwd L, 1/2 turn R replace weight on to R

678 1/2 turn R stomp L stomp R, clip heels together

Section 3 Weave Left, Pivot Turn, Stomp Stomp, Hitch

1 - 3 Weave L: Step L to side, R behind L, L to side

45 Pivot Turn: Step fwd R, 1/2 turn L replace weight on to L

6 - 8 1/2 turn L stomp R stomp L, hitch R knee

Section 4 Rock Forward and Back, Pivot Turn, Pivot Turn

1 - 4 Rock fwd on R, replace weight bk on L, rock bk on R, replace weight fwd on L

56 Pivot Turn: Step fwd R, 1/2 turn L replace weight onto L

78 Pivot Turn: Step fwd R, 1/2 turn L replace weight onto L

Section 5 Shuffle Forward Rock, Shuffle Back Rock

1+2 Shuffle fwd: Step fwd R, close L to R, step fwd R

34 Rock fwd on L, replace weight back on to R

5+6 Shuffle bk: Step bk L, close R to L, step bk L

78 Rock bk on R, replace weight fwd on to L

Section 6 Jazz box, Heel Ball Heel Hook

1 - 4 Jazz Box: Step R over L, step bk L with 1/4 turn R, step R to side, place L beside R

5 - 8 Heel dig R fwd, ball R beside L, heel dig R fwd, hook R in front of L

Section 7 Shuffle Forward Step Hitch, Rock Forward Shuffle Back

1+2 Shuffle fwd: Step fwd R, close L to R, step fwd R

34 Step fwd L, small hop on L hitching R knee

56 Rock fwd on R, replace weight back on to L

7+8 Shuffle bk: Step bk R, close L to R, step bk R

Section 8 Rock Back, Pivot Turn, Tap Switches

12 Rock bk on L, replace weight fwd on to R

34 Pivot Turn: Step fwd L, 1/2 turn R replace weight on to R

5+6+7 Tap L to L side, switch tap R to R side, switch tap L to L side

8 Place L beside R

TAG At the start of walls 1 and 2, an additional hip circle precedes.