

## My Own Words

32 count, 4 wall, intermediate level  
Choreographer: Ross Brown (UK) Aug 2004  
Choreographed to: These Words by Natasha  
Bedingfield, These Words Single

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Intro/Count In: 16 beats

### **SIDE ROCK, SAILOR STEP, 1/4 TURN, 1/2 TURN, TAP, TAP, STEP**

- 1-2: Rock right to the right, recover onto left.  
3&4: Cross right behind left, step left to the left, step right to the right.  
5-6: Cross step left over right turning a 1/4 left, step forward onto right turning a 1/2 left.  
7-8: Tap left toe forward twice.  
&: Step forward with left.

### **POINT, MODIFIED MONTEREY, SIDE ROCK, SAILOR STEP, ROCK BACK**

- 1-2&: Point right toe forward, point right to the right, step right next to left turning a 1/2 right.  
3-4: Rock left to the left, recover onto right.  
5&6: Cross step left behind right, step right to the right, step left to the left.  
7-8: Rock back with right, recover onto left.

### **STEP, 1/2 PIVOT, 1/2 TURN, 1/4 TURN, WALK, WALK, TOUCH, KICK**

- 1-2: Step forward with right, pivot a 1/2 left.  
3-4: Step back onto right turning a 1/2 left, step forward onto left turning a 1/4 left.  
5-6: Walk forward; right, left.  
7-8: Touch right foot next to and across left (on the left hand side of left foot), kick right foot forward

### **& TOUCH, KICK, & ROCK FORWARD, 1/2 TURN, 3/4 TURN, ROLL HIPS**

- &1-2: Step back with right, touch left foot next to and across right (on the right hand side of the right foot), kick left foot forward.  
&3-4: Step forward with left, rock forward with right, recover onto left.  
5-6: Step forward onto right turning a 1/2 right, step back onto left turning 3/4 right.  
7-8: Roll hips; right, left.

Make sure weight ends up on left foot.

**Restarts:** On Wall 2, after the first 24 steps (Touch, Kick).  
On Wall 8, after the first 16 steps (Rock Back).

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