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My Shot

16 Count, 2 Wall, Intermediate

Choreographer: Christopher Gonzales (USA) Jan 2017
Choreographed to: My Shot by The Roots, ft. Busta Rhymes,
Joell Ortiz & Nate Ruess [Rise Up Remix] from
The Hamilton Mixtape

95 bpm

Count-in 32-counts of instrumental intro

Notes Alternative track: My Shot by Lin-Manuel Miranda, Anthony Ramos, Daveed Diggs, Okieriete Onaodowan, Leslie Odom, Jr., Original Broadway Cast of Hamilton from Hamilton (Original Broadway Cast Recording) (90 bpm)

Section 1 R Step, R Heel Drops X2, R Toe Fan, R Swivel, L ¼ Turn W/ L Swivel, R Back Shuffle, L Hitch 12:00

1&2& Step R forward and slightly right (1), raise R heel (&), drop R heel (2), raise R heel (&) 12:00
3&4& Drop R heel (3), swivel R toe to right (&), swivel R toe to neutral (4), swivel R toe to right while swivelling L heel left (&) 12:00

Styling option: you may choose to raise and lower your entire R foot for emphasis instead of only R heel (counts 1-3), although the choreographer's experience of this substitution has been a consequently sore R calf muscle from absorbing the increased impact.

5 Turn body ¼ left (9:00) while switching L weight from toe to heel and R weight from heel to toe, swivelling L toe left and R heel right, shifting body weight to L heel (5) 9:00

6&7& Step R back (6), step L together (&), step R back (7), hitch L knee (&) 9:00

Section 2 L Fwd Shuffle, R Fwd Brush, R Rocking Chair W/ L Hitch, R Kick, ¼ L Turn W/ R Step, L Rock Behind R, R Recover, L Kick, L Step, R Rock Behind L, L Recover, R Toe Touch, R Heel Touch - 6:00

8&1 Step L forward (8), step R together (&), step L forward (1) 9:00

&2& Brush R forward (&), rock R forward (2), recover L (&) 9:00

3&4& Rock R back while hitching L knee (3), recover L (&), kick R forward (4), turn ¼ L (6:00) and step R forward (&) 6:00

5&6& Rock L behind R (5), recover R (&), kick L forward (6), step L forward (&) 6:00

7&8& Rock R behind L (7), recover L (&), touch R toe beside L w/ knee pointed inward (8), touch R heel in place w/ knee pointed outward (&) 6:00