

# Show Me How

Choreographed by: Bryan McWherter (November 2019)

32 Count / 4 Wall / High Beginner - Improver

Music: Show Me How by Wouter Hamel

## **1/4 Heel Grind Right, Side Step, Touch, Syncopated Weave Left**

- 1-2 Grind right heel forward making 1/4 turn right(1), Step left foot in place(2),  
3-4 Step right foot to right side(3), Touch left toe next to right foot(4),  
&5&6 Step left foot to left side(&), Cross step right foot in front of left(5), Step left foot to left side(&),  
Cross step right foot behind left(6),  
&7&8 Step left foot to left side(&), Cross step right foot in front of left(7), Step left foot to left side(&),  
Cross step right foot behind left(8),

## **Syncopated Cross Rock Left, Syncopated Cross Rock Right, Sway Left, Right, Left, Right**

- &1,2 Step left foot to left side(&), Cross rock right in front of left(1), Recover weight back to left(2),  
&3,4 Step right foot to right side(&), Cross rock left in front of right(3), Recover weight back to right(4),  
5,6 Step left foot to left side sway your hips left(5), sway hips right(6),  
7,8 Sway hips left(7), Sway hips right(8),

## **Ball Cross Point Left, Cross Point Right, Step 1/2 Turn Left, Step 1/2 Turn Left**

- &1,2 Step left foot in place(&), Cross step right in front of left(1), Point left toe out to left side(2),  
3,4 Cross step left in front of right(3), touch right toe out to right side(4),  
5,6 Step forward onto the ball of your right foot(5), Make a 1/2 turn to your left stepping weight forward onto  
left(6),  
7,8 Step forward onto the ball of your right foot(7), Make a 1/2 turn to your left stepping weight forward onto  
left(8),

## **Step Lock Step Brush Right, Step Lock Step Brush Left**

- 1,2 Step right foot forward and slightly out to right diagonal(1), Cross and lock your left foot behind right putting  
weight on it(2),  
3,4 Step right foot forward and slightly out to right diagonal(3), Brush left foot next to right foot(4),  
5,6 Step right foot forward and slightly out to left diagonal(5), Cross and lock your right foot behind left putting  
weight on it(6),  
7,8 Step left foot forward and slightly out to left diagonal(7), Brush right foot next to left foot(8).

## **Begin again! No tags, No Restarts!**

*This dance is dedicated to NYSOL and the event director Rosie Multari. I was "bitten" by the choreography bug while traveling to the event in November 2019. Special thanks to Vergina Jenkins for her assistance with the step sheet and also for calling me out on my grammar! :)*