

For Me Lately

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Count: 32

Wall: 4

Level: Intermediate

Choreographer: Jonno Liberman – November 2018

Music: What Have You Done for Me Lately by Janet Jackson (4:43) Album: Janet Number Ones

Dance begins after 32 counts

[1-8] Touch, Look, Side, Weave, 1/4, 1/2, 1/4, Together (12:00)

- 1, 2, 3** Touch R behind L as you look left, Turn head to look front, Step R to right
- 4&5** Cross L behind R, Step R to right, Cross L over R
- 6, 7** Turn 1/4 left as you step R back (9:00), Turn 1/2 left as you step L forward (3:00)
- &8** Turn 1/4 left as you step R to right (12:00), Step L next to R

[9-17] 80's Cross-Side-Cross, 1/4 Triple, Hitch, Slide, Back, 1/2, Step (3:00)

- 1, 2, 3** Cross R over L, Step L to left, Cross R over L

Styling: Your toes should point toward each other for counts 1-2-3. If this is uncomfortable, you're welcome to add your own styling, such as alternating shoulder pops, etc., in place of the knee styling.

- 4&5** Turn 1/4 left as you step L forward, Step R next to L, Step L forward (9:00)
- 6, 7** Hitch R, Step R back as you slide L toward R
- 8&1** Step L back, Turn 1/2 right as you step R forward (3:00), Step L forward

[18-25] Kick, Out, Out, Knee Twist, Shoulder Pop x3, Sailor (3:00)

- 2&3** Kick R, Step R out to right, Step L out to L
- 4** Twist R knee in to center and drop L shoulder down as you sharply look to left

If the knee twist is uncomfortable you can substitute with a slight pop forward or choose to only do the shoulder styling.

5, 6, 7(just before each count, shrug both shoulders up keeping L lower than R) Drop both shoulders down on counts 5, 6, and 7, still keeping L lower than R. Shift weight onto R by count 7

-or-

- &5&6&7** Alternate raising one shoulder and dropping the other. Shift weight onto R by count 7

8&1 Step L behind R, Step R to right, Step L to left as you touch your left hand (finger tips) to your forehead, extend R hand up and out to right with hand turned up as if to say “stop”)

[26-32] Together, Side, Touch, Side w/Body Roll, Touch, Side w/Body Roll, Kick, Hitch (3:00)

2, 3 Step R next to L (keep R arm extended and let hand drop down as if waiting for hand to be kissed), Step L to left (keep R arm extended and raise hand up as if to say “stop”)

4, 5 Touch R next to L (clap hands together), Roll body right as you step R to right

6, 7 Touch L next to R, Roll body left as you step L to left

8& Kick R to right, Hitch R keeping knee turned out to right

NOTES: You can begin to fade out the music after the 10th repetition as the song is rather long and there is currently no shorter edit on iTunes.

And remember - This dance is based on the dance trends of the 80's, specifically Janet Jackson. Go to town with the styling and have fun!

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