

**ADAM ÅSTMAR**

# Death of Me

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[admin@adamastmar.se](mailto:admin@adamastmar.se) – Swe +46 76-186-32-10



**Information:** 32 Counts, 4 wall, High Intermediate.  
**Choreographer:** Adam Åstmar (SE).  
**Music:** "Death of Me" by David Cook (3:49) ~ 60 bpm.  
**Intro:** 8 counts, starting on vocals (approx. 8 seconds)  
**Extra info:** Right before taking the first step, prepare R hand at L shoulder with palm facing down and elbow diagonally down, as you're ready to cut something with your hand.

Section	Steps & Explanations
<b>1</b>	<b>Step &amp; Arm Movement. Rock Forward. 1 / 4 Left &amp; Drag. Ball-Point. Cross. Out, Out &amp; Arms. Lean Left &amp; Right. 1 / 4 Left. 1 / 2 Left.</b>
1 – 2 &	(1) Step forward on RF slicing R hand from L shoulder diagonally down to the right. (2) Rock forward on LF. (&) Recover on RF.
3 a 4 &	(3) Turn 1 / 4 to the left taking a big step to the left and drag RF toward LF. (a) Ball step RF next to LF. (4) Point LF to the left. (&) Cross LF over RF. {9:00}
5 & 6	(5) Step to the right on RF, form your hands into fists, as if you're holding weapons and bring R arm towards your chest with R hand at L shoulder and R elbow diagonally down. (&) Step down on LF, bring L arm towards your chest with L hand at R shoulder and L elbow diagonally down. (6) Bring both hands diagonally down to each side and lean to the left while turning your head to the left, as if you're looking after someone to fight!
7 – 8 &	(7) Lean to the right, still holding the hands in the same position, while turning your head to the right, as if you're looking after someone to fight! (8) Turn 1 / 4 to the left stepping forward on LF, releasing arm positions. (&) Turn 1 / 2 to the left stepping back on RF. {12:00}
<b>2</b>	<b>1 / 2 Left &amp; Sweep. Step &amp; Hitch. Mambo Forward. 1 / 4 Right. Diagonal Run Forward. Sway &amp; Raise Foot. Step. Cross. 1 / 4 Left. 1 / 2 Left.</b>
1 – 2	(1) Turn 1 / 2 to the left stepping forward on LF sweeping RF from back to front. (2) Step forward on RF and hitch LF.
3 & 4 &	(3) Rock forward on LF. (&) Recover on RF. (4) Step back on LF. (&) Turn 1 / 4 to the right stepping to the right on RF. {9:00}
5 & 6	(5) Turn 1 / 8 to the right stepping forward on LF. (&) Step forward on RF. (6) Turn 1 / 8 to the right stepping to the left on LF, turning upper body to the right diagonal & swaying to the left, raising RF slightly up in the air towards R diagonal. {12:00}
7 & 8 &	(7) Step down on RF. (&) Cross LF over RF. (8) Turn 1 / 4 to the left stepping back on RF. (&) Turn 1 / 2 to the left stepping forward on LF. {3:00}
<b>3</b>	<b>Body Roll Forward. Back. 1 / 4 &amp; Crossing Arm Movement. Wavy Arms. Side Fists. Hands Together. Roll Hands. Step-Drag &amp; Swim Forward. Step 1 / 2 Turn Left.</b>
1 – 2 &	(1) Rock forward on RF and roll body forward. (2) Recover on LF finishing body roll. (&) Step back on RF.
3 & 4 &	(3) Turn 1 / 4 to the left stepping to the left on LF, with palms facing down move R hand close to chest from R to L and L hand close to chest from L to R, they should cross each other. {12:00} (&) With palms facing up move R hand close to chest from L to R and L hand close to chest from R to L. (4) With both hands at shoulder height, move them forward like forming a wave. (&) Finish wavy movement.
5 & 6 &	(5) Form R hand into a fist and place it slightly out to the right at shoulder height. (&) Form L hand into a fist and place it slightly out to the left at shoulder height. (6) Bring both fists together, R in front of L, L closest to chest. (&) Spin hands a full circle in a forward motion, R should end in front of L.
7 – 8 &	(7) Step forward on LF dragging RF towards LF and swim your hands forward, releasing fists. (8) Step forward on RF. (&) Turn 1 / 2 to the left ending with weight on LF. {6:00}
<b>4</b>	<b>Step. Full Turn Right &amp; Sweep. Step &amp; Sweep. Rock Forward. 1 / 4 Right &amp; Sway R, L. Big Step Side &amp; Drag. Back &amp; Hitch. Rock Back.</b>
1 & 2	(1) Step forward on RF, prepping upper body to the left. (&) Turn 1 / 2 to the right stepping back on LF. (2) Turn 1 / 2 to the right stepping forward on RF sweeping LF from back to front. {6:00}

3 – 4 &	(3) Step forward on LF sweeping RF from back to front. (4) Rock forward on RF. (&) Recover on LF.
5 & 6	(5) Turn 1 / 4 to the right stepping to the right on RF and sway. (&) Sway to the left. (6) Take a big step to the right on RF dragging LF towards RF. {9:00}
7 – 8 &	(7) Step back on LF hitching RF. (8) Rock back on RF. (&) Recover on LF, preparing R hand at L shoulder with palm facing down and elbow diagonally down, as you're ready to cut something with your hand.

Please do not change anything in this stepsheet. If you want to use this somewhere else, you need to make sure that it's in original form and nothing's missing, such as contact details etc.

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