

I'm Dancing (樂舞) (zh)

Compte: 32

Mur: 4

Niveau: Easy Intermediate



Chorégraphe: Ingrid Kan (TW) - 2016年04月

Musique: Better When I'm Dancin' - Meghan Trainor

(1-9) L Side, R Cross Rock/Recover, R Shuffle R, L Forward Pivot ½ R, L Shuffle 1/4R (9:00)

- 1 2 3 Step L to the side, cross R over L, recover onto L
4&5 Step R to the side, step L beside R, Step R to the side
6 7 Step forward L, pivot ½ R (6:00)
8&1 R stepping L to the side, step R beside L, ¼ Turn to R, L Step Forward (9:00)
1-3 左足左踏, 右足下沉, 左足回復,
4&5 右足側踏, 左足併踏, 右足側踏
6-7 左足前踏, 右轉180度,
8&1 左足前踏, 右轉90度, 左足前踏

(10-16) Step Back, Touch, Clap X 2, Coaster

- 2-3 Step back slightly, diagonally on R, Touch L beside R
4-5 Step back slightly, diagonally on L, Touch R beside L
6-8 Step back onto right, Step left next to right, Step forward onto right
2-3 右足斜角後踏, 左足併點
4-5 左足斜角後踏, 右足併點
6-8 右足後踏, 左足併踏, 右足前踏

(17-24) Rock Recover, Coaster Step, ¼ Turn Paddle X 2

- 1-2 L Rock forward, Recover onto R
3&4 Step back on L, Close R beside L, Step forward on L
5-6 Step forward on R, Pivot ¼ turn L weight to L
7-8 Step forward on R, Pivot ¼ turn L weight to L (3:00)
1-2 左足下沉, 右足回復
3&4 左足後踏, 右足並踏, 左足前踏
5-8 右足前踏, 左轉90度, 右足前踏, 左轉90度

(25-32) Walk Forward R-L, R Forward Mambo, Walk back L-R, Out Step

- 1-2 Step R Forward, step L Forward
3&4 Rock R forward, recover Weight on L, Step R back
5-6 Step R back, step L back
7-8 Out Step on L, Out step on R
1-2 右足前踏, 左足前踏
3&4 右足下沉, 左足回復, 右足後踏
5-6 左足後踏, 右足後踏
7-8 左足側踏, 右足側踏