

It Is You

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Laura Sway (UK) - October 2014
音乐: It Is You (I Have Loved) - Dana Glover : (from Shrek Soundtrack)



Intro: 18 Counts (from end of flute solo) [20 seconds in]

Section 1: Left Twinkle, Right Twinkle 1/2 Turn Right

1 – 3 Cross left over right, step right to right, step left to left
4 – 6 Cross right over left, 1/4 turn right stepping left back, 1/4 turn right stepping right to right

Restart dance here on wall 7 (facing 12:00)

Section 2: Left Twinkle 1/2 Turn Left, Cross Rock, Recover, Side

1 – 3 Cross left over right, 1/4 turn left stepping right back, 1/4 turn left stepping left to left
4 – 6 Cross rock right over left, recover on left, step right to right

Section 3: Weave, Side, Twist Body 1/4 Right

1 – 3 Cross left over right, step right to right, cross left behind right
4 – 6 Step right to right, twist body 1/4 turn right (over two counts, feet stay in place)

Note □ Feet will be at 12:00 but body will be facing 3:00

Section 4: 1 1/4 Turn Left, Step, Sweep, Cross

1 – 3 1/2 turn left stepping forward on left, 1/2 turn left stepping back on right, 1/4 turn left stepping left to left [9:00]
4 – 6 Step forward on right, sweep left from back to front, cross left over right

Section 5: Back Basic 1/2 Turn Left, Forward Basic 1/2 Turn Left

1 – 3 Step right back, 1/4 turn left stepping left to left, 1/4 turn left stepping right forward
4 – 6 Step left forward, 1/4 turn left stepping right to right, 1/4 turn left stepping left back

Section 6: Coaster Step, Step, Point Side, Hold

1 – 3 Step right back, step left beside right, step right forward
4 – 6 Step left forward, point right to right, hold

Section 7: Monterey Full Turn Right, Side Rock, Recover, Left Twinkle

1 – 3 Full turn right stepping right beside left, rock left to left, recover on right
4 – 6 Cross left over right, step right to right, step left to left

Section 8: Cross Rock, Recover, Side, Cross, Slow Unwind Full Turn Right

1 – 3 Cross rock right over left, recover on left, step right to right
4 – 6 Cross left over right, unwind full turn right (over 2 counts) [9:00]

Restart: Wall 7 – Dance first six counts then restart dance (you will be facing 12:00)

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