

I Did It All

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Nathan Gardiner (SCO) - October 2014
音乐: I Lived - OneRepublic



Intro: 16 counts start on vocals

SIDE, BEHIND, SIDE, CROSS, SIDE, SAILOR 1/4 LEFT, FULL TURN

1-2 Step right to right side, Step left behind left
&3-4 Step right to right side, Cross step left over right, Step right to right side
5&6 Step left behind right, Turn 1/4 left stepping right to right side, Step left to left side
7-8 Turn 1/2 left stepping back on right, Turn 1/2 left stepping forward on left

DOROTHY STEP, DOROTHY STEP, ROCK FORWARD, RECOVER, 1/2 TURN SHUFFLE

1-2& Step right to right diagonal, Lock left behind right, Step right next to left
3-4& Step left to left diagonal, Lock right behind left, Step left next to right
5-6 Rock forward on right, Recover on left
7&8 1/2 Turn shuffle right stepping Right, Left, Right

FULL TURN, KICK & POINT, SAILOR STEP, SAILOR STEP

1-2 Turn 1/2 right stepping back on left, Turn 1/2 right stepping forward on right
3&4 Kick left foot forward, Step back in place, Point right toes out to right side
5&6 Step right behind left, Step left to left side, Step right to right side
7&8 Step left behind right, Step right to right side, Step left to left side

STEP TURN, FULL TURN, ROCK FORWARD, RECOVER, & ROCK FORWARD, RECOVER

1-2 Step forward on right, Turn 1/2 left
3-4 Turn 1/2 left stepping back on right, Turn 1/2 left stepping forward on left
5-6& Rock forward on right, Recover on left, Step right next to left
7-8 Rock forward on left, Recover on right

SHUFFLE BACK, COASTER STEP, STEP 1/4 RIGHT, CROSS SHUFFLE

1&2 Step back on left, Step right next to left, Step back on left
3&4 Step back on right, Step left next to right, Step forward on right
5-6 Step forward on left, Turn 1/4 right
7&8 Cross step left over right, Step right to right side, Cross step left over right

TURN 1/4 LEFT, TURN 1/4 LEFT, CROSS ROCK, RECOVER, STEP, TOUCH, STEP, TOUCH

1-2 Turn 1/4 left stepping back on right, Turn 1/4 left stepping left to left side
3-4 Cross rock right over left, Recover on left
5-6 Step right to right side, Touch left next to right
7-8 Step left to left side, Touch right next to left

REVERSE ROCKING CHAIR, FULL TURN, ROCK BACK, RECOVER

1-2 Rock back on right, Recover on left
3-4 Rock forward on right, Recover on left
5-6 Turn 1/2 right stepping forward on right, Turn 1/2 right stepping back on left
7-8 Rock back on left, Recover on left

SHUFFLE FORWARD, ROCK FORWARD, RECOVER, 1/2 TURN SHUFFLE, STEP TURN

1&2 Step forward on right, Step left next to right, Step forward on right
3-4 Rock forward on left, Recover on right

5&6 1/2 Turn shuffle left stepping Left, Right, Left
7-8 Step forward on right, Turn 1/2 left

Restarts:-

On walls 2 & 4 dance upto count 56 then Restart the dance

On wall 6 dance upto count 48 then Restart the dance

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Start Again.....Happy Dancing
