

I'm The One

拍数: 32 墙数: 4 级数: Improver
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音乐: Billie Jean Bossa Nova by Susan Wong



RF: right foot; LF: left foot; FT: feet together; RL: right leg, LL: left leg, LA: legs apart, RT: right toes; LT: left toes; RH: right heel; LH: left heel; RK: right knee; LK: left knee, RP: right palm; FP: left palm; RAR: right arm; LAR: left arm; RSh: right shoulder; LSh: left shoulder; RE: right elbow, LE: left elbow; RHd: right hand, LHd: left hand, RHp: right hip; LHp: left hip, RTh: right thigh, LTh: left thigh; WoRF: weight on RF, WoLF: weight on LF

SECTION I: MOONWALK BOSSA NOVA

Start WoLF, LT touch RH, RH down/on LT

- 1 Glide RF back, maintaining body bent forward, switch (LH down/on RT)
- 2 Glide LF back, maintaining body bent forward, switch (RH down/on LT)
- 3 Glide RF back, maintaining body bent forward
- 4 Tap LT near RH
- 5, 6, 7 like 1, 2, 3
- 8 Tap LT near RF, FT

SECTION II: BOSSA NOVA BOX, JAZZ BOX

BOSSA NOVA BOX

- 1 RF right
- 2 LF near right
- 3 RF behind
- 4 LT tap near RF, FT, LH down

JAZZ BOX

- 5 RF crosses LF
- 6 LF on left side
- 7 RF right
- 8 LT tap near RF

SECTION III: CORCOVADO FORWARD, VALPARAISO FORWARD

CORCOVADO: STRETCH ARMS, HOLD ARMS AT THE LEVEL OF SHOULDERS (LIKE A CROSS, THE CORCOVADO CROSS)

- 1 Step RF forward on left diagonal
- 2 Step LF forward on left diagonal
- 3 Step RF near LF, FT
- 4 Tap LT

VALPARAISO: STRETCH AND HOLD ARMS IN V, LIKE IN VALPARAISO

- 5 Step RF forward on right diagonal
- 6 Step LF forward on right diagonal
- 7 Step RF near LF, FT
- 8 Tap LT, FT, WoLF

SECTION IV: SPIN LEFT, ½ TURN RIGHT, ¼ TURN RIGHT

- 1, 2, 3 Spin-spot turn (360°) left
- 4 Tap LT
- 5, 6 ½ turn right
- 7 RF behind, ¼ turn right
- 8 Tap LT

Do it again, cowboys (gaúchos) & cowgirls (gaúchas)!

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