

I Just Want

拍数: 104 墙数: 4 级数: Phrased Fun Dance
编舞者: Raymond Sarlemijn (NL) & Michel Platje (NL) - May 2015
音乐: Dance With Me Tonight - Olly Murs



Sequence: A,A, B,B, A,A, C,B, B,C, B,B, B,B

PART A – 32 COUNTS

A1: Vine, twist

- 1 RF step to right
- 2 LF step behind RF
- 3 RF step to right
- 4 LF step next to RF
- 5 Twist heels to right
- 6 Twist heels to left
- 7 Twist heels to right
- 8 Twist back to 12.00

A2: Steps

- 1 LF step diagonal forward
- 2 RF step next to LF
- 3 RF step diagonal forward
- 4 LF step next to RF
- 5 LF step back diagonal
- 6 RF step next to LF
- 7 RF step back diagonal
- 8 LF step next to RF

A3: Vine, twists

- 1 LF step to left side
- 2 RF step behind LF
- 3 LF step to left side
- 4 RF step next to LF
- 5 Twist heels to left
- 6 Twist heels to right
- 7 Twist heels to left
- 8 Twist heels back to 12.00

A4: Steps

- 1 RF Step diagonal forward
- 2 LF step next to RF
- 3 LF step diagonal forward
- 4 RF step next to LF
- 5 RF step back diagonal
- 6 LF step next to RF
- 7 LF step back diagonal
- 8 RF step next to LF

PART B – 32 COUNTS

B1: Diagonal vines

- 1 RF step diagonal forward
- 2 LF cross behind RF

- 3 RF step diagonal forward
- 4 LF touch next to RF
- 5 LF step diagonal forward
- 6 RF step behind LF
- 7 LF step diagonal forward
- 8 RF step next to LF

B2: Travelling Twists

- 1 Twist both heels to right
- 2 Twist both toes to right
- 3 Twist both heels to right
- 4 Clap
- 5 Twist both heels to left
- 6 Twist both toes to left
- 7 Twist both heel to left
- 8 Clap

B3: Twist, claps

- 1 Twist heels to right
- 2 Clap hands
- 3 Twist heels to left
- 4 Clap hands
- 5 Step legs out shoulder width
- 6 Hold
- 7-8 Both arms up pointing at yourself

B4: Swing walk back

- 1 RF walk backwards
- 2 LF walk backwards
- 3 RF walk Backwards
- 4 LF walk backwards
- 5 RF walk backwards
- 6 LF walk backwards
- 7 RF walk backwards
- 8 LF step next to RF

PART C – 32 COUNTS

C1: Step touch ¼ turn left

- 1 RF step to right
- 2 LF touch next to RF
- 3 LF step to left side
- 4 RF touch next to LF
- 5 RF step to right side ¼ turn left (21.00)
- 6 LF touch next to RF
- 7 LF step to left side
- 8 RF touch next to LF

C2: Step touch ½ turn left

- 1 RF step to right ¼ turn left (18.00)
- 2 LF touch next to RF
- 3 LF step to left side
- 4 RF touch next to LF
- 5 RF step to right side ¼ turn left(15.00)
- 6 LF touch next to RF

- 7 LF step to left side
- 8 RF touch next to LF

C3: Step touch ½ turn left

- 1 RF step to right ¼ turn left
- 2 LF touch next to RF
- 3 LF step to left side
- 4 RF touch next to LF
- 5 RF step to right side ¼ turn left (21.00)
- 6 LF touch next to RF
- 7 LF step to left side
- 8 RF touch next to LF

C4: Twist, hold, twist

- 1 Twist both heels out to right (Grease pose)
- 2 Hold
- 3 Twist both heels out to left (Grease pose)
- 4 Hold
- 5 Twist heels out to right(start bending knees)
- 6 Twist heels out to left(continuing bending knees)
- 7 Twist heels out to right (start stretching knees up)
- 8 Twist heels to left(continuing stretching knees up)

C5: Repeat last 8 counts.

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