

Choose You

COPPER KNOB
STEP SHEETS

拍数: 88 墙数: 2 级数: Intermediate
编舞者: Amy Morimando (USA) - July 2015
音乐: I Choose You - Sara Bareilles : (Album: The Blessed Unrest)



Count in: 8 counts from first beat

S1: R RUMBA BOX FORWARD, HOLD, L RUMBA BOX BACK, HOLD

1 2 3 4 R to R side, L together, R forward, Hold
5 6 7 8 L to L side, R together, L back, Hold

S2: R ROCK BACK, RECOVER, R FORWARD, HOLD, FULL TURN, STEP FORWARD, HOLD

1 2 3 4 R rock back, Recover L, Step R forward, Hold
5 6 7 8 Turn R stepping back on L, Turn half stepping forward on R, Step forward L, Hold (12:00)

S3: STEP, 1/4 CROSS, HOLD, 1/4, 1/4 CROSS HOLD

1 2 3 4 Step forward on R turning 1/4, Weight to L, Cross R over L, Hold (9:00)
5 6 7 8 Back on L, 1/4, R to side, 1/4, Cross L over R, Hold (3:00)

S4: R RUMBA BOX FORWARD, HOLD, LEFT RUMBA BOX BACK, HOLD

1 2 3 4 R to R side, L together, R forward, Hold
5 6 7 8 L to L side, R together, L back, Hold

S5: ROCK BACK, RECOVER, STEP FORWARD, HOLD, CHASE TURN, HOLD

1 2 3 4 Rock R back, Recover to L, Step R forward, Hold
5 6 7 8 Step L forward, Make 1/2 turn, Weight to R, Step forward on L, Hold (9:00)

S6: STEP-LOCK-STEP, HOLD, STEP 1/4 CROSS, HOLD

1 2 3 4 Step R forward, Lock L behind R, Step R forward, Hold
5 6 7 8 Step L forward, Make 1/4 turn, Weight to R, Cross L over R (12:00)

S7: 1/4, 1/4 CROSS, HOLD, RUMBA BOX FORWARD, HOLD

1 2 3 4 1/4 turn stepping back on R, 1/4 turn stepping to side on L, Cross R over L, Hold (6:00)
5 6 7 8 L to L side, Step R next to L, Step L forward, Hold

S8: SIDE TOGETHER, 1/4, HOLD, STEP 1/4 CROSS, HOLD

1 2 3 4 Step R to R side, Step L next to R, Step R turning 1/4, Hold (9:00)
5 6 7 8 Step forward turning 1/4, Weight to R, Cross L over R, Hold (12:00)

S9: FULL TURN, HOLD, ROCK BACK, RECOVER, 1/4, 1/4

1 2 3 4 Turn 1/4 stepping back on R, Turn 1/2 stepping forward on L, Turn 1/4 stepping R to side, Hold (12:00)
5 6 7 8 Rock L back, Recover to R, 1/4 turn stepping back on L, 1/4 turn stepping R to side (6:00)

S10: FORWARD ROCK, SIDE ROCK, COASTER STEP, HOLD

1 2 3 4 Rock L forward, Recover to R, Rock L to L side, Recover R
5 6 7 8 L back, R together, L forward, Hold (6:00)

S11: CHASE TURN, HOLD, CHASE TURN, HOLD

1 2 3 4 Step R forward, Turn 1/2, Weight to L, Step R forward, Hold (12:00)
5 6 7 8 Step L forward, Turn 1/2, Weight to R, Step L forward, Hold (6:00)

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I would like to thank Cindy Bryan for helping me write up the step sheet.
