

I Am

拍数: 64 墙数: 4 级数: High Intermediate
编舞者: Michael Barr (USA) - November 2015
音乐: I Am - Leona Lewis : (Album: I Am)



Download Single download on iTunes & Amazon.com / Length: 3:43

Intro: 16 SECONDS / Starts after the drum beat / BPM: 120 - No Tags - No Restarts

[1 – 8] SYNCOPATED WEAVE W/ ¼ L – TURN ½ L STEP BACK R,LR, TOUCH L

12&34 Step L side left; Step R behind L; Step L side left; Step R in front of L; Turn ¼ left stepping L forward - 9
5,6,7,8 Turn ½ left stepping back on R; Step back on L; Step back on R; Touch L next to ball of R - 3

[9 – 16] WALK WALK, ROCK & CROSS X 2 – SIDE-ROCK-RETURN-BEHIND-SIDE

1 - 2 Walk forward on L; Walk Forward on R 3
&3,4 Rock step ball of L side left; Return weight to R slightly forward; Step L in front of R -3
&5,6 Rock step ball of R side right; Return weight to L slightly forward; Step R in front of L - 3
7&8& (7) Small step side left on L; (&) Rock R behind L; (8) Step L in front of R; (&) Step R side right - 3

Note: As you finish 7&8& make sure you step slightly forward as well as to the side on the last “&” count.

[17 – 24] STEP BEHIND, TURN ¼ RIGHT – ¼ TOUCH HIP BUMPS, ¼ TURN STEP X 3

1 - 2 Step L behind R; Turn ¼ right stepping R forward 6
3 - 4 Turn ¼ right, touch L toe side left w/ left hip bump; Turn ¼ right stepping slightly back on L - 12
5 - 6 Turn ¼ right, touch R toe side left w/ right hip bump; Turn ¼ right stepping R slightly forward - 6
7 - 8 Turn ¼ right, touch L toe side left w/ left hip bump; Turn ¼ right stepping slightly back on L - 12

[25 – 32] COASTER STEP, WALK WALK – CROSS ROCK SIDE X 2

1&2,3,4 Step back on ball of R; Step ball of L next to R; Step R forward; Walk forward L; Walk forward R - 12
5 & 6 Rock onto L in front of R; Return weight to R in place; Step L side left (small step) - 12
7 & 8 Rock onto R in front of L; Return weight to L in place; Step R side right (small step) - 12

[33 – 40] CROSS-SIDE, SAILOR STEP – CROSS-SIDE, ¼, ¼ MODIFIED SAILOR RIGHT

1,2-3&4 Cross L in front of R; Step R side right; Step L behind R; Step R side right; Step L side left 12
5 - 6 Cross R in front of L; Step L side left 12
7 & 8 Step R behind L as you make a ¼ turn right; Step L next to R as you make ¼ right; Step R forward 6

[41 – 48] STEP FORWARD SIDE POINTS X3 – ¼ RIGHT, POINT LEFT SIDE LEFT

1,2 - 3,4 Step L forward; Point/touch R toe side right; Step R forward; Point/touch L toes side left 6
5,6 - 7,8 Step L forward; Point/touch R toe side right; Turn ¼ right step R next to L ; Point/touch L toe side left 9

[49 – 56] SYNCOPATED OPEN JAZZ BOX CROSS – ¼, ¼ LEFT, CROSS SIDE CROSS

1,2&3,4 Step L side left; Cross R over left; Step L slightly back; Step R side right; Step L in front of R 9
5 - 6 Turn ¼ left stepping back on R; Turn ¼ left stepping L side left 3

7 & 8 Cross R in front of L; Step L side left; Cross R in front of L□3

[57 – 64]□LEFT SIDE ROCK, RETURN, BEHIND-SIDE-CROSS - RIGHT REPEAT□

1,2,3&4 Push L into the floor side left; Return to R in place; Step L behind; Step R side right; Step L in front R□3

5,6,7&8 Push R into the floor side right; Return to L in place; Step R behind; Step L side left; Step R in front L□3

Begin Again!

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