

Welcome To The Show (aka There I Said It)

COPPER KNOB
STEPSHEETS

拍数: 40 墙数: 2 级数: Intermediate
编舞者: Val O'Connor (UK) - June 2016
音乐: Welcome to the Show (feat. Laleh) - Adam Lambert : (Single)



Alt. Music: There I Said It by Adam Lambert (4.18) Album: The Original High (On A Separate Script Called " There I Said It ")

Intro: 11 Secs Approx Just Befor The Vocals Start " You Know I Have "

S1: FORWARD R (SWEEP L), WEAVE (SWEEP R), R BEHIND SIDE CROSS, L SIDE ROCK CROSS , ¼ L, ½ L SHUFFLE (SWEEP R)

1-2&3 Step R forward (sweep L) , cross L, (&) R to R side, cross L behind R (sweep R)
4&5 Cross R behind L, (&) L to L side, cross R over L
6&7& Rock L to L side, (&) recover onto R, cross L over R, (&) ¼ L step back on R (9)
8&1 ½ L step forward L, (&) step R next to L, step forward on L (sweep R forward) (3)

*OPTION FULL TURN :

*8&1 ½ L step forward L, (&) ½ L step back on R, ½ L step forward on L (sweep R forward)

S2: CROSS R SIDE BEHIND (SWEEP L), L BEHIND SIDE R, L CROSS ROCK SIDE ROCK, CROSS TOUCH L, SWEEP L, BEHIND ¼ STEP

2&3-4& Cross R over L, (&) L to L side, cross R behind L (sweep L), step L behind R, (&) R to R side
5&6& Cross rock L over R, (&) recover back on R, rock L to L side,(&) recover on R
7&8&1 Cross touch L over R, (&) sweep L around, step L behind R,(&) ¼ R step forward, step forward L (sweep R) (6)

S3: CROSS R, L SIDE ROCK CROSS, R SIDE ROCK, SWAY R L, & CROSS L UNWIND FULL R, R DIAG SHUFFLE LUNGE

2&3&4& Cross R over L, (&) rock L to L side, , recover on R, (&) cross L over R, rock R to R side (&) recover on L
5-6&7 Sway R to R side, sway L to L side, (&) step R next to L, cross L as you unwind full R (keep weight on L)
8&1 To R diagonal step forward R, (&)step L next to R, lunge forward onto R (Facing R diagonal)

S4: SLOW L ROCK BACK RECOVER, L FORWARD ROCK BACK L (DRAG R), BACK R ½ L FORWARD R, L MAMBO,

2-3-4&5 Slow rock back on L (look back over L shoulder), recover forward on R, L forward rock, (&) recover on R, Take long step back on L (drag R towards L)
6&7&8& Step back on R, (&) ½ L step forward L (opposite diagonal), step forward R, (&) rock forward on L, recover Back on R, (&) step back on L

S5: BACK R(SWEEP L), BACK L (SWEEP R), R ROCK BACK FORWARD R, ½ R, BACK R (SWEEP L), BACK L (SWEEP R), R ROCK BACK SIDE ROCK

1-2-3&4 (Diag) Step back R (sweep L), step back L (sweep R), rock back on R, (&) recover forward on L, step forward R
&5-6-7&8& (Diag) (&) ½ R step back L, Step back R (sweep L), step back L (sweep R), rock back R, (&) recover forward on L, 1/8 L rock R to R side , (&) recover on L (Facing 6 o clock)

RESTART FROM BEGINNING

In Adam Lamberts words

"Welcome To The Show" is an anthem about facing exactly who you are and OWNING it. Its intended as a mantra to inspire strength and PRIDE, whether you are Young, old, male, female, Trans, Gay, Straight, White,

Black, Asian, Hispanic, and every beautiful in-between.

This is the alternative music to my dance " There I said it " and I dedicate it to the victims of the Orlando shootings.

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