

I Tell Myself

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Larry Bass (USA) - November 2016
音乐: Better Without You - Olly Murs



(Restart after 20 counts with footwork change on wall 4 & 8)
(Restart after 28 counts on wall 9)

TRIPLE STEP FORWARD, MAMBO FORWARD; WEAVE WITH HEEL & CROSS

1&2 Triple step forward R, L, R
3&4 Rock L forward, Recover back to R, Step L back sweeping R from front to back
5&6 Step R behind L, Step L to left, Step R across L
&7 Step L slightly back to left, Touch R heel to right diagonal
&8 Step R slightly back to right, Step L across R □ (12:00)

STEP SLIDE, STEP SLIDE, SIDE, TOGETHER SIDE; ROCK BACK & ¼ TURN, ROCK BACK & ¼ TURN

1& Step R to right, Slide L toward R
2& Step L to left, Slide R toward L
3&4 Step R to right, Step L beside R, Step R to right
5&6 Rock L back, Recover to R, Turn ¼ turn right & step L to left □ (3:00)
7&8 Rock R back, Recover to L, Turn ¼ turn left & step R back □ (12:00)

½ TURN TRIPLE STEP, STEP PIVOT ¼ TURN, CROSS; STEP TOUCH, STEP TOUCH, SIDE, TOGETHER SIDE

1&2 Turn ½ turn left & triple step forward L, R, L □ (6:00)
3&4 Step R forward, Pivot ¼ turn left to L, Step R across L □ (3:00)
(Footwork change to on wall 4 & 8):
3&4 Step R forward, Pivot ¼ turn to L, Touch R beside L & restart dance facing 3:00)

5& Step L to left, Touch R beside L
6& Step R to right, Touch L beside R
7&8 Step L to left, Step R beside L, Step L to left

ROCK BACK & ¼ TURN, ROCK BACK & ¼ TURN; ½ TURN TRIPLE STEP, CHASE ½ TURN

1&2 Rock R back, Recover forward to L, Turn ¼ turn left & step R to right □ (12:00)
3&4 Rock L back, Recover forward to R, Turn ¼ turn right & step L back (3:00)
(Turn ½ turn right to face 9:00 wall & Restart after 28 counts on wall 9)
5&6 Turn ½ turn right & triple step forward R, L, R □ (9:00)
7&8 Step L forward, Pivot ½ turn right to R, Step L forward □ (3:00)

Begin Again

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