

I Am I Said

拍数: 30 墙数: 4 级数: Easy Intermediate
编舞者: Malene Jakobsen (DK) - December 2017
音乐: I Am I Said - Mikey Spice : (iTunes)



Intro: 16 counts from the beginning 12 sec. seconds into track, dance begins with weight on R

Restart: There is a Restart on wall 5 after 8 counts, you will be facing 12.00

Tag: There are 4 Tags – all just 2 counts. After wall 1, 2, 6 & 7 – all you do is repeat count 7-8 in the last

Note: There are 4 Tags – all just 2 counts. After wall 1, 2, 6 & 7 – all you do is repeat count 7-8 in the last section. Wall 1 and 6 you will be facing 3.00, wall 2 and 7 you will be facing 6.00

I know this may look really difficult but I promise it isn't .

[1-8] Weave R, cross, side rock, weave L, cross, side rock

1&2& (1) Cross L over R, (&) step R to R, (2) cross L behind R, (&) step R to R 12.00
3&4 (3) Cross L over R, (&) rock R to R, (4) recover onto L 12.00
5&6& (5) Cross R over L, (&) step L to L, (6) cross R behind L, (&) step L to L 12.00
7&8 (7) Cross R over L, (&) rock L to L, (8) recover onto R 12.00

Restart here on wall 5 facing 12.00

[9-16] Crossing shuffle, 1/4, side, cross, side, touch, side, touch, side, together, fwd.

1&2 (1) Cross L over R, (&) step R to R, (2) Cross L over R 12,00
3&4 (3) Turn 1/4 L stepping back on R, (&) step L to L, (4) cross R over L 9.00
5&6& (5) Step L to L, (&) touch R next to L, (6) step R to R, (&) touch L next to R 9.00
7&8 (7) Step L to L, (&) step R next to L, (8) step fwd. on L 9.00

[17-22] R shuffle, chase turn, walk R, L

1&2 (1) Step fwd. on R, (&) step L next to R, (2) step fwd. on R 9.00
3&4 (3) Step fwd. on L, (&) turn 1/2 R, (4) step fwd. on L 3.00
5-6 (5) Walk fwd. on R, (6) walk fwd. on L 3.00

[23-30] Mambo, coaster cross, side rock, cross, side rock

1&2 (1) Rock fwd. on R, (&) recover onto L, (2) step slightly back on R 3.00
3&4 (3) Step back on L, (&) step R next to L, (4) cross L over R 3.00
5&6 (5) Rock R to R, (&) recover onto L, (6) cross R over L 3.00
7-8 (7) Rock L to L, (8) recover onto R 3.00

TAG Footwork

1-2 Rock L to L, recover onto R

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Last Update - 27th Dec. 2017
