

I Get Up Again

COPPER KNOB
STEPPERS

拍数: 32 墙数: 2 级数: Improver
编舞者: Ann-Kristin Sandberg (NOR) - February 2018
音乐: Stronger Than I've Ever Been (Piano Edit) - Kaleena Zanders



INTRO: 16 counts (dance start 1 count before vocal)

Forw-Rock recover-Back with sweep-Behind-Side-Rock recover-1/2 turn R-Rock recover-1/8 turn L-Side step

1-2& Step R forw, Step L forw, Recover onto R
3-4& Step L backw & sweep R to R side at same time, Cross R behind L, Step L to L side
5-6& Step R diagonal forw to L(10.30), Recover onto L, 1/2 turn R stepping R forw(4.30)
7-8& Step L forw, Recover onto R, 1/8 turn L stepping L to L side (F03)

Rock recover-1/2 turn R-Step-1/2 turn L-1/2 turn L-Rock recover-Together-Back-1/4 turn R recover

1-2& Step R forw, Recover onto L, 1/2 turn R stepping R forw(F09)
3-4& Step L forw, 1/2 turn L stepping R backw, 1/2 turn L stepping L forw(F09)
5-6& Step R forw, Recover onto L, Step R next to L
7-8& Step L backw, 1/4 turn R stepping R to R side, Recover onto L(F12)

Side-Back Recover-1/4 turn L with sweep-Forw with sweep-Rock recover-1/4 turn L-Cross-Side-Back Recover

1-2& Step R to R side(long step), Step L backw, Recover onto R
3-4 1/4 turn L stepping L forw(09) & sweep R out to R side at same time, Step R forw. & sweep L out to L side at same time
5&6& Step L forw, Recover onto R, 1/4 turn L stepping L to L side, Cross R over L (F06)
7-8& Step L to L side, Step R backw, Recover onto L

Side-Back Recover-1/4 turn L with sweep-1/4 turn L-Touch-Step-Pivot 1/2 turn L-Forw recover-Back recover

1-2& Step R to R side, Step L backw, Recover onto R
3-4 1/4 turn L stepping L forw(F03) Sweep R out to R side at same time, 1/4 turn L touching R next to L (F12)
5-6 Step R forw, Pivot 1/2 turn L (F06)
7&8& Step R forw, Recover onto L, Step R backw, Recover onto L

(Ending: The dance ends F 06..Make 1/2 turn L stepping R backw & touch L next to R (F12))

ENJOY & HAPPY DANCING!