

I Dance

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Nina Skyrud (NOR) - March 2018
音乐: I Dance - Go Royal



Start the dance after 16 counts

Restarts: Wall 3 and 8 after 8 count; Wall 5 and 10 after 16 count; Wall 11 after 28 count

[1-8] Step Touch X2, Step Touch, Step Touch X2, Step, Hip Bumps

- 1-2 Step right foot to right side (1), Touch left beside right (2)
- 3-4 Step left to left side (3), Touch right beside left (4)
- &-5 Step right foot to right side (&), Touch left beside right (5),
- &-6-& Step left to left side (&), Touch right beside left (6), Step right foot to the right side (&)
- 7-&-8 Touch left ball to the left side pushing left hip up with the ball of your foot (7), Bump right hip to the right side (&), Bump left hip to the left side moving weight unto left foot (8)

Note: Restart here on wall 3 and 8

[9-16] Step, Point, Step, Point, Jazz box ¼ Turn right

- 1-2 Step right foot forward (1), Point left foot to the left side (2)
- 3-4 Step left foot forward (3), Point right foot to the right side (4)
- 5-6 Cross right foot over left (5), Step left foot back (6),
- 7-8 Turn ¼ turn right stepping right foot to the right side (7), Cross left foot over right (8) [03:00]

Note: Restart here on wall 5 and 10

[17-24] Side-Rock Switches, Sailor ½ Turn left, Side-Rock Cross

- 1-2 Rock right foot to the right side (1), Recover onto left foot (2)
- &-3-4 Step right foot next to left (&), Rock left foot to the left side (3), Recover onto right foot (4)
- 5-&-6 Cross left foot behind right (5), Turn ¼ turn left stepping right foot to the right (&), Turn ¼ turn left stepping left foot forward (&) [9:00]
- 7-&-8 Rock right foot to the right side (7), Recover onto left (&), Cross right foot over left (8)

[25-32] ¼ Turn left, Rock Recover, Coaster Step, Dip right, Dip left

- 1-2 Turn ¼ turn left rocking forward on left foot (1), Recover onto right foot (2) [6:00]
- 3-&-4 Step left foot back (3), Step right foot beside left (&), Step left foot forward (4)

Note: Restart here on wall 11

- 5-6 Dip to the right side stepping right foot to the right (5), Straighten up touching left foot in place (6)
- 7-8 Dip to the left side (7), Straighten up touching right foot in place (8)

Have fun and let yourself be inspired by the lyrics!

“I dance, I own the floor. I dance ‘til I can’t dance no more”