

I Am Beautiful

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Sobrielo Philip Gene (SG) - March 2019
音乐: Beautiful - Christina Aguilera : (Album: Stripped)



Intro: 32 counts intro @0.26

[1-8&] 1/8 R STEP FORWARD, ROCK FORWARD STEP BACK, COASTER CROSS, SCISSORS CROSS, 1/8 L, 1/2 L

1-2&3 Making 1/8 right step right forward (1), Rock left forward (2), recover weight onto right (&), step left back (3) (1:30)
4&5 Step right back (4), step left beside right (&), cross right over left (5)
6&7 Step left to left (6), step right beside left (&), cross left over right (7)
8& Making 1/8 left Step right back (8) (12.00), making 1/2 left step left forward (&)(6.00)

[9-16&] STEP SWEEP, CROSS SIDE BEHIND SWEEP, BEHIND SIDE FORWARD, TWIST 1/2 TWIST 1/2 SWEEP, BEHIND SIDE

1-2&3 Step right forward while sweeping left back to forward (1), cross left over right (2), step right to right (&), step left behind right while sweeping right forward to back(3)
4&5 Step right behind left (4), Step right to right (&), step right in front of left (5)
6-7 Twist 1/2 turn left (6) (12:00), Twist 1/2 turn right while sweeping right forward to back(6.00)
8& Cross right behind left (8), step left to left (&)

Note (Optional) : When doing the first twist on count 6 bend knees (music says "down") and when 2nd twist straighten knees and lift heels of the ground

[17-23] CROSS ROCK RECOVER SIDE, CROSS ROCK RECOVER SIDE, STEP PIVOT 1/2 TURN, 1/2 TURN STEP BACK

1-2& Rock right over left (1), recover weight onto left (2), step right to right (&)
3-4& Rock left over right (3), recover weight onto right (4), step left to left (&)
5-6& Step right forward (5), turn 1/2 left (6), making 1/2 left step right back (&)
7- Step left back (6:00)

[24-32&] COASTER CROSS, SWAY LEFT, SWAY RIGHT POINT, ROLLING VINE, ROCK BACK, WEAVE

8&1 Step right back (8), Step left beside right (&), cross right over left (1)
2-3 Step left to left swaying hips to left (2), sway hips to right while pointing left to left (3)
4&5 1/4 turn left step left forward (4), 1/2 left step right back (&), 1/4 left step left to left (5)
6&7 Rock right back of left (6), recover weight onto left (&), step right to right (7)
&8& Step left behind right (&), step right to right (8), cross left over right (&) (6:00)

Restart on wall 3: Do up to counts 20& start dance (6:00)

Restart on wall 6: Do up to counts 4& (6:00)

Ending on wall 10 : Do up to counts 13 and turn 1/2 left

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