

So Excited

拍数: 64 墙数: 4 级数: Improver
编舞者: Carl Sullivan (AUS) - July 2019
音乐: I'm So Excited - The Pointer Sisters : (Album: Classics 80s - 3:54)



Start on Vocals

1-2-3-4 Step R to R, ¼ L Touch L beside R, Step L to L, Touch R beside L
5-6-7-8 Step R to R, ¼ R Touch L beside R, Step L to L, Hold

1-2-3-4 Cross-rock R over L, Replace on L, Step R to R, Hold
5-6-7-8 Rock L behind R, Replace on R, Step L to L, Hold

1-2 Step R toe across L, Drop R heel to floor (Strut)
3-4 Step L toe back, Drop L heel to floor (Strut)
5-6-7-8 Step R toe to R, Drop R heel to floor (Strut), Touch L beside R, Hold

1-2-3-4 Walk fwd L, R, L, Touch R toe beside L
5-6-7-8 Walk back R, L, R, Touch L beside R

1-8 Repeat first 8 counts leading with L foot & turning R instead of L
Then

1-2-3-4 Cross-rock L over R, Replace on R, Step L to L Hold
5-6-7-8 Rock R behind L, Replace on L, Step R to R, Hold

1-2-3-4 Step L across R, Hold, Step R back, Hold
5-6-7-8 ¼ L Step L fwd, Hold, Touch R beside L, Hold

1-2-3-4 Walk fwd R, L, R, Touch L beside R
5-6-7-8 Walk back L, R, L Touch R beside L

The next 48 counts is only done on Walls 1 & 5

1-4 R diagonal- Step R fwd, Kick L fwd, Step L back on diagonal, Touch R beside L
5-8 Step R fwd on diagonal, Step L beside R, Step R fwd on diagonal, Step L beside R

1-2 Zig zag back Stepping L back on diagonal, Touch R beside L
3-8 Repeat 3 more times in a zig zag fashion

1-16 Repeat above 16 counts on L diagonal starting with L foot

1-8 Walk fwd to R in a semi circle R, Hold, L, Hold, R, Hold, L, Hold
1-8 Walk faster the other semi circle R ,L, R, L, R,L,R, L

[112] Ready to start again on the 9.00 Wall.

Note: Walls 2, 3, 4 are just the first 64 counts - NOT the diagonal part.
Wall 5 is the same as Wall 1. Then the rest of the walls are 64 counts

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