

I Warned Myself

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Rhoda Lai (CAN) - October 2019
音乐: I Warned Myself - Charlie Puth



<https://music.apple.com/us/album/i-warned-myself-single/1475227779>

Intro: Starts on lyrics "I" after approx. 1 second
No Tags! No Restarts!

S1: R Big Step Back-Drag, Together R, R Forward, ½ L, ¼ L, ⅛ L Rocking Chair, L Shuffle Forward

12& Big step back R, drag L heel towards R, step L beside R
345 Step forward R, ½ R stepping back L, ¼ R stepping R to R side (9:00)
6&7& ⅛ R rock forward L, recover onto R, rock back L, recover onto R (10:30)
8&1 Step forward L, step R beside L, step forward L sweeping R from back to the front

S2: R Cross, ¼ R, ⅛ R Side Chasse, L Side-Touch, R Side-Touch, Rolling ¾ L, L Step Back/w Body Roll

23 Cross R over L, ¼ R stepping back L (1:30)
4&5 ⅛ R stepping R to R side, step L beside R, step R to R side (3:00)
6& With knees bent and open, step on the ball of L to L side; return knees to center and touch R beside L
7& With knees bent and open, step on the ball of R to R side, return knees to center and touch L beside R
8&1 ¼ L stepping forward L, ½ L stepping back R, step back L with body roll (6:00)

S3: R Toe Forward, R Coaster, ¼ R Side L, R Lock, Hold, L Ball, R Cross Shuffle

2 3&4 Touch R toe forward, step back R, step L beside R, step forward R
&5 6 ¼ R stepping on the ball of L to L side, lock R behind L, hold (9:00)
&7&8 Step on the ball of L to L, cross R over L, step L to L, cross R over L

S4: L Side Rock, Reverse Rolling Full, L Behind-Side-Forward, R Forward Pivot ½ L ½ L

12 Rock L to L side fanning R toe out and open body to the R to prep for L turn, ¼ L recover onto R
34 ½ L stepping forward L, ¼ L stepping R to R side (9:00)
5&6 Step L behind R, step R to R side, step forward L
78 Step forward R, pivot ½ L weight on L (3:00)
& Make another ½ L to start the dance again (9:00)

Optional attitude:

During wall 5, after you hear the lyrics "I'll be the first to put my hands around your throat?", on counts 17 and 18 (a chocking sound), slide your hands across your neck imagining cutting your throat.

Ending: During wall 8, dance until count 16, ¼ L stepping R to R side to face the front.

Enjoy!

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Last Update – 7 Nov. 2019