

Glad You Exist

拍数: 32 墙数: 4 级数: Improver
编舞者: Hiroko Carlsson (AUS) - April 2021
音乐: Glad You Exist - Dan + Shay : (Spotify)



(8 counts intro/Dance starts on lyrics)

[S1] 2x Rumba Fwd w/ Touch (1/4R Turn)

1 2 3 4 Step R to the side, Step L next to R, Step forward on R, Make a ¼ turn right on ball of R foot/touch L next to R (3:00)

5 6 7 8 Step L to the side, Step R next to L, Step forward on L, Touch R next to L

[S2] Step-Pivot 1/2L, Fwd Mambo, Back Mambo, L Full Turn

1 2 Step forward on R, Make a ½ turn left recover weight on L (9:00)

3&4 Step forward on R, Recover onto L, Step back on R

5&6 Step forward on L, Recover onto R, Step forward on L

7 8 Make a ½ turn left stepping back on R, Make a ½ turn left stepping forward on L (9:00)

Easy option: instead of full turn on count 7 8, simply walk forward on R-L

[S3] Heel-Flick 1/4L, Heel-Together, Heel-Toe-Heel-Flick 1/4R

1 2 Touch R heel forward, Make a ¼ turn left whilst flicking back R (optional: slapping outside heel with R hand) (6:00)

3 4 Touch R heel forward, Step R together

5 6 Touch L heel forward, Touch L toes back

7 8 Touch L heel forward, Make a ¼ turn right whilst flicking back L (optional: slapping outside heel with L hand) (9:00)

Easy option: R Heel-Touch-Heel-Together, L Heel-Touch-Heel-Touch on the spot (9:00).

[S4] Fwd Rock-1/4L Side Step-Together, Fwd Rock-1/4L Side Step-Touch

1 2 Rock forward on L, Recover weight on R

3 4 Make a ¼ turn left stepping L to the side, Step R together (6:00)

5 6 Rock forward on L, Recover weight on R

7 8 Make a ¼ turn left stepping L to the side, Touch R together weight on L (3:00)

Restart on Wall 3 count 16** (3:00)

Ending suggestion: The last wall starts at 12:00 o'clock-dance up to count 16 (9:00), twist (1/4R) your body to the front.

Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)

(updated: 6/Apr/21)