

I'm So Excited !

拍数: 32 墙数: 4 级数: Beginner +
编舞者: Romain Brasme (FR) - October 2022
音乐: I'm So Excited - Sound Of Legend



[1-8] ROLLING WINE R – TOUCH & CLAP – ROLLING WINE L – TOUCH & CLAP

- 1-2 RF step forward with $\frac{1}{4}$ turn R (1), LF step behind with $\frac{1}{2}$ turn R (2)
3-4 RF step to R side with $\frac{1}{4}$ turn R (3), LF touch to L side & clap (4) 12 :00
5-6 LF step forward with $\frac{1}{4}$ turn L (5), RF step behind with $\frac{1}{2}$ turn L (6)
7-8 LF step to L side with $\frac{1}{4}$ turn L (7), RF touch to R side & clap (8) 12 :00

[9-16] SWIVELS R, L, R & L – SHUFFLE R – SHUFFLE L (ADDING ARMS MOVEMENTS)

- 1-2 RF swivel to R side (1) (raise your R arm diagonally to the R side and point the index finger of the R hand, point the index finger of the L hand diagonally downwards), LF swivel to L side (raise your L arm diagonally to the L side and point the index finger of L hand, point the index finger of the R hand diagonally downwards) (2)
3-4 RF swivel to R side (3) (raise your R arm diagonally to the R side and point the index finger of the R hand, point the index finger of the L hand diagonally downwards), LF swivel to L side (raise your L arm diagonally to the L side and point the index finger of L hand, point the index finger of the R hand diagonally downwards) (4)
5&6 RF small shuffle to R side : RF step to R side (5), LF back together next to RF (&), RF step to R side (6)

(Rotate your hands, rolling them around each other, at head height and diagonal D)

- 7&8 LF small shuffle to L side : LF step to L side (7), RF back together next to LF (&), LF step to L side (8)

(Rotate your hands, rolling them around each other, at head height and diagonal L)

[17-24] TRIPLE STEP R – TRIPLE STEP L – ROCKSTEP R – WALK, WALK WITH $\frac{1}{2}$ TURN R

- 1&2 RF triple step forward : RF step forward (1), LF back together next to RF (&), RF step forward (2)
3&4 LF triple step forward : LF step forward (3), RF back together next to LF (&), LF step forward (4)
5-6 RF rock step forward : RF step forward (5), weight back on LF (6)
7-8 RF step forward with $\frac{1}{2}$ turn R (7), LF step forward (2) 06 :00

[25-32] KICK – KICK – KICK – KICK – STEP – TOUCH – STEP WITH $\frac{1}{4}$ TURN L – TOUCH

- 1&2& RF kick forward (1), RF next to LF (&), LF kick forward (2), LF next to RF (&)
3&4& RF kick forward (3), RF next to LF (&), LF kick forward (4), LF next to RF (&)
— From count 1 to 4, use the steps to walk a bit forward
5-6 RF step to R side (5), LF touch next to RF (6)
7-8 LF step forward with $\frac{1}{4}$ turn L (7), RF touch next to LF (8) 03 :00

Beginning of the dance on the music : 00:17sec

« DANCE IS ART IN MOTION »

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Last Update: 31 Oct 2022