I Could Dance



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音乐: Dance The Night - Dua Lipa



16 COUNT INTRO.....Music available from iTunes & Amazon

SEC 1 SKATE, SKATE, SHUFFLE FORWARD, ROCK, COASTER

1-2 Skate Right, skate Left

3&4. Step forward right, close left next to right, step forward right

5-6. Rock forward onto left, recover weight back on right

7&8. Step left back, close right next to left, step forward on left (12:00)

SEC 2. KICK & POINT, KICK & POINT, PRESS & TWIST, JUMP BACK & CLAP

1&2 Kick right forward, close onto right, point left toe to left side
3&4 Kick left forward, close onto left, point right to right side
5&6. Press ball of right forward, twist right heel to right & left

&7&8. Jump back right, left, clap twice (12:00)

SEC 3. CROSS ROCK, CHASSE 1/4, STEP 1/2, SHUFFLE FWD (OPTIONAL FULL TRIPLE TURN)

1-2. Cross rock right over left, recover weight back onto left

3&4. Step right to right side, close left next to right, turn 1/4 right stepping onto right (3:00)

5-6. Step forward left, turn right make 1/2 turn stepping onto right (9:00)

7&8. Step forward left, close right next to left, step forward left (optional turn : make a full turn right,

travelling on left, right, left)

SEC 4 ROCK FORWARD, ROCK FORWARD, POINT SIDE & SIDE, SAILOR

1-2& Rock forward onto right, recover weight back onto left, close right next to left, 3-4& Rock forward onto left, recover weight back onto right, close left next to right 5&6. Point right to right side, close right next to left, point left to left side

7&8. Cross left behind right, rock right to right side, recover onto left

Start Again!

TAG 1: POSE!

To be danced on wall 2 after count 24 (end sec 3 facing 6:00) & wall 5 after count 8 (end sec 1 facing 12:00)

1-2. Freestyle pose.....ENJOY! & HAVE FUN!! (Making sure weight ends on left to begin the dance)

TAG 2: 'X' STEP FORWARD OUT, OUT, STEP BACK/OUT, BACK/OUT

To be danced at the end of wall 3 (facing 3;00)

1-2-3-4 Step forward and out right, step forward and out left, step back and out right, step back and

out left (Optional arms: both arms go up and over to the right on count 1, both arms go up and over to the left on count 2 and count 3 both arms go down and over to the right and

count 4 down and over to the left

Ending: On the very last wall you finish the dance facing 9:00, clap hands together, turn 1/4 right and stomp forward facing the front.....enjoy your BIG FINISH!

Choreographers note: to help you recognise the 'pose' tag, after all you wouldn't want to miss it now;)you hear "I Could Dance" three times before your tag