

I Am Enough

拍数: 48 墙数: 4 级数: Intermediate - waltz
编舞者: Anne Herd (AUS) - March 2024
音乐: I am Enough - Paloma Faith : (CD: The Glorification Of Sadness, iTunes)



*1 Restart

Dance moves 1/4 CW

Start on main lyrics 48 counts in, weight on R

1/4 TURN, POINT, HOLD, 1/2 TURN SWEEP

1-2-3 Turning 1/4 L, Step forward on L, Point R to side, Hold 9:00
4-5-6 Turning 1/2 R, Step R beside L, Sweep L around for two counts 3:00

WEAVE, STEP, DRAG

1-2-3 Cross L over R, Step R to side, Cross L behind R
4-5-6 Step R to side, Drag L towards R over two counts, keeping weight on R

1/4 TURN, SWEEPS

1-2-3 Turn 1/4 L stepping fwd. on L, Sweep R around for two counts
4-5-6 Step fwd. on R, Sweep L around for two counts. 12:00

STEP DRAG, BACK SIDE ROCK

1-2-3 Step fwd. on L, Drag R towards L over two counts, keeping weight on L
4-5-6 Step back on R, Rock L to side, Recover to R

1/4 TURN WALTZING FORWARD, 1/4 TURN, WALTZING BACK,

1-2-3 Turn 1/4 L waltzing fwd. L R L 9:00
4-5-6 Turn 1/4 L waltzing back LRL 6:00

1/4 TURN WALTZING FORWARD, BASIC WALTZ BACK

1-2-3 Turn 1/4 L waltzing fwd. L R L 3:00
4-5-6 Walz back L R L

CROSS POINT HOLD, BACK POINT, HOLD

1-2-3 Cross L over R, Point R to side, Hold
4-5-6 Cross R over L, Point L to side, Hold

L AND R SAILOR STEPS

1-2-3 Cross L behind R, Rock R to side, Recover to L.
4-5-6 Cross R behind L, Rock L to side. Recover to R

Begin again

RESTART: There is a restart on wall 6.

Dance to count 42 and pause for approx. three beats then restart from the beginning on the word "no" as she sings 'No one's ever gonna love me like me'

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