

编舞者: Henry Costa (USA)

音乐: I'm Here (Metro Mix) - The Temptations



## WALK, WALK, RIGHT SHUFFLE FORWARD, LEFT SHUFFLE FORWARD, ½ TURN SAILOR SHUFFLE TO RIGHT

1-2 Walk forward right, walk forward left

Right step forward, left close next to right, right step forward Left step forward, right close next to left, left step forward

7&8 ½ turn sailor to right (cross behind right, ½ turn right on left, right next to left)

# (LEFT U-TURN SHUFFLE WITH ARM MOVEMENTS) LEFT FORWARD SHUFFLE, RIGHT FORWARD SHUFFLE, RIGHT FORWARD SHUFFLE

Start u-turn to the left: left step forward; right close next to left; left step forward

Lean slightly to right "upper body" turned towards right (1:00) both arms out with slight bend and fists closed - arms go outward, inward, outward in small circular motion towards 1:00

Continue u-turn to the left (½ way point): right step forward; left close next to right; right step

forward

Lean slightly to left "upper body" turned towards left (11:00) both arms out with slight bend and fists closed - arms go outward, inward, outward in small circular motion towards 11:00

5&6 Continue u-turn to left (toward ending point): left step forward; right close next to left; left step

forward

Lean slightly to right "upper body" turned towards right (1:00) both arms out with slight bend and fists closed - arms go outward, inward, outward in small circular motion towards 1:00

7&8 Finish u-turn to left (back to starting point): right step forward; left close next to right; right

step forward

Lean slightly to left "upper body" turned towards left (11:00) both arms out with slight bend and fists closed - arms go outward, inward, outward in small circular motion towards 11:00

When looking at angle of arm movements for u-turn shuffle, clock numbers are from the angle you are. Looking forward is 12:00 mid-point of body (looking forward from the position you are). So when you are turning it is still the same (slightly to right is 1:00, slightly to left is 11:00). It is just a reference for angle of upper body

#### CROSS, BACK, TOUCH, KICK, BACK, CROSS, KICK, KICK

1-2 Cross left on front of right, right step back

3-4 Touch left next to right, kick out left - slightly to left (11:00) &5-6 Left step back, cross right in front of left, step side left

7-8 Kick out right twice - slightly to right (1:00)

#### BACK, CROSS, SIDE, BEHIND, RIGHT CHASSE, CROSS, ROCK, RECOVER, 1/4 TURN LEFT

&1 Right step back cross left on front of right,2-3 Step right to right side, cross left behind right

4&5 Step right foot to right side, close left beside right, step right foot to right side

6-7-8 Cross right over left, recover weight on left, ¼ turn left with left foot

### **REPEAT**