

I'm The One (P)

拍数: 28 墙数: 0 级数: Partner
编舞者: Norman Dery (CAN)
音乐: I'm the One - Gary Allan



Position: Partners in a circle, man & woman facing each other holding hands

MAN'S STEPS

- 1-2 Left foot forward ¼ turn left letting the left hand go
- 3-4 Right foot forward
- 5 Left foot forward ¼ turn right and clapping your left hand with your partner's right hand
- 6 Right foot next to left foot
- 7-8 Left foot forward ¼ turn
- 9 Right foot to right side 1/8 turn left letting the other hand go
- 10 Left foot next to right foot 1/8 turn left
- 11 Right foot to right side
- 12 Left foot next to right foot

- 1-2 Right foot to right side ¼ turn left
- 3-4 Left foot rear
- 5 Right foot rear
- 6 Left foot to left side 1/8 turn left
- 7-8 Right foot next to left foot 1/8 turn left
- 9 Left foot to left side ¼ turn left
- 10 Right foot next to left foot
- 11 Left foot to left side
- 12 Right foot next to left foot no weight
- 13 Right foot to right side
- 14 Left foot next to right foot
- 15 Right foot to right side
- 16 Left foot next to right no weight ¼ turn right and hold your partner's hand again ready to start again

REPEAT

LADY'S STEPS

- 1-2 Right foot forward ¼ turn right
- 3-4 Left foot forward
- 5 Right foot forward ¼ turn left
- 6 Left foot next to right foot
- 7-8 Right foot forward ¼ turn right
- 9 Left foot forward 1/8 turn right
- 10 Right foot forward 1/8 turn right
- 11 Left foot to left side
- 12 Right foot next to left foot

- 1-2 Left foot to left side ¼ turn right
- 3-4 Right foot rear
- 5 Left foot rear
- 6 Right foot to right side 1/8 turn right
- 7-8 Left foot forward 1/8 turn right

- 9 Right foot to right side $\frac{1}{4}$ turn right
- 10 Left foot next to right foot
- 11 Right foot to right side
- 12 Left foot next to right foot no weight
- 13 Left foot to left side
- 14 Right foot next to left foot
- 15 Left foot to left side
- 16 Right foot next to left foot $\frac{1}{4}$ turn left

This dance can also be done as a mixer, changing partners. The only change is in the man's steps on the last 4 counts

- 13 Right foot to right side $\frac{1}{8}$ turn right
- 14 Left foot next to right foot
- 15 Right foot forward
- 16 Left foot next to right foot no weight $\frac{1}{8}$ turn right facing new partner

Ready to start the dance with the new partner

REPEAT
