

I See It Now

拍数: 60 墙数: 2
编舞者: Michele Burton (USA)
音乐: I See It Now - Tracy Lawrence

级数: Intermediate/Advanced waltz



STRIDE, STEP, STEP, STRIDE, ¼ TURN, STEP

- 1-3 Left stride forward, step right forward, step left forward
4-6 Right stride forward, step left forward into ¼ turn right, step right slightly back

CROSS, ¼, ¼, CROSS, ¾ TRIPLE STEP TURN

- 7-9 Cross left over right, step right back into ¼ turn left, step left back into ¼ turn left
10-11 Cross right over left, step left back into ¼ turn right
&12 Step right into ¼ turn right, step left slightly forward into ¼ right

LUNGE, PUSH, ¼ TURN STEP, STRIDE FORWARD DIAGONAL, STEP TOGETHER

Definition of lunge: ball lead stride forward, with right knee bent: head, shoulders, knee, toe in line, back leg straight, heel off floor

- 13-14 Right stride forward lunge, step left back (pushing off right, NOT a rock step)
15 Step right into ¼ right
16-18 Step left forward to right diagonal, step right slightly forward, step left beside right (turning body to left diagonal, this is NOT a cross over step. It travels!)

STRIDE FORWARD DIAGONAL, STEP, TOGETHER, STRIDE FORWARD, ½ TURN

- 19-21 Right stride forward to left diagonal, step left slightly forward, step right in place (turning body to right diagonal)
22-24 Left stride forward, brush right foot into ½ turn left, step right forward

STRIDE, STEP, STEP, STRIDE, STEP, STEP (REPEAT)

- 25-27 Left stride forward, step right forward, step left forward
28-30 Repeat counts (25-27) on opposite feet

LUNGE FORWARD, RETURN, ½ TURN, ½ TURN, ½ TURN, ½ TURN

- 31-33 Left stride lunge forward, step right back, step left back into ½ turn left
34-35 Step right forward into ½ turn left, step left back into ½ turn left
36 Step right forward into ½ turn left

STRIDE BACK, DRAG BACK, STRIDE, STEP, STEP

- 37-39 Left stride back, drag right back to left over (2) counts
40-42 Right stride forward, step left forward, step right forward

STRIDE SIDE LEFT, DRAG LEFT, 1 ¼ TURN RIGHT

- 43-45 Left stride to left side, drag right to left over (2) counts
46-48 Step right into ¼ turn right, making a full spin right step: left, right

STRIDE, ½ TURN, STEP, STRIDE BACK, STEP, TOGETHER

- 49-51 Stride left forward, make ½ turn left stepping back right, step left back
52-54 Stride right back, step left back passing right, step right beside left

STRIDE, ½ TURN, STEP, STRIDE BACK, STEP, TOGETHER

- 55-60 Repeat counts (49-54)

REPEAT

