

# I Am

拍数: 0                      墙数: 1                      级数: Intermediate  
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音乐: I Am Who I Am - Lara Fabian



Sequence: A, B&, A, B&, B, Break, BBB

## PART A

**& CROSS, KICK, CROSS SHUFFLE, STEP ¼ LEFT, STEP ¼ LEFT, SAILOR ¼ TURN RIGHT**

&1-2-3&4            Step back right, cross left over right, kick right, cross right over left twice

5-6-7&8            Step left ¼ to left, step right ¼ to left, left sailor step turning ¼ to right

**TOUCH FORWARD, & STEP BACK ¼ TURN RIGHT, PUSH CHEST TWICE, LOCK STEP, SYNCOPATED PIVOT ½ TURN RIGHT**

1&2-3&4            Touch right forward, right ronde, step back ¼ to right, push chest forward twice

**Rock left-right-left as you push chest forward-back-forward. End weight on left**

5&6-7-8            Right lock step forward (triple), left pivot ½ turn to right, point left out

**CROSS, KICK, CROSS SHUFFLE, STEP ¼ LEFT, STEP ¼ LEFT, SAILOR ¼ TURN RIGHT**

1-2-3&4            Cross left over right, kick right, cross right over left twice

5-6-7&8            Step left ¼ to left, step right ¼ to left, left sailor step turning ¼ to right

**TOUCH FORWARD, & STEP BACK ¼ TURN RIGHT, PUSH CHEST TWICE, LOCK STEP, SYNCOPATED PIVOT ½ TURN RIGHT**

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5&6-7-8            Right lock step forward (triple), left pivot ½ turn to right, point left out

**RONDE ½ TO LEFT, SIDE ROCK, RECOVER ¼ TURN TO RIGHT, FULL RIGHT TURN TRIPLE, SYNCOPATED SIDE ROCK WITH ¼ TURN TO LEFT, SIDE SHUFFLE**

&1-2                Swing left ½ turn to left, side rock on left, recover ¼ to right

3&4                Full right turn forward (left-right-left)

5&6                Side step right, recover left turning ¼ right, step right next to left

7&8                Left side shuffle

**WALK BACK 2 STEPS, COASTER STEP, WALK FORWARD 3 STEPS, SWIVEL ½ TO LEFT AND POINT TO SIDE**

1-2-3&4            Walk back right and left, right coaster step

5-6-7-8            Walk forward: left, right, left, swivel ½ to left and point right to side

Counts 5-6-7 are slightly crossing steps

## PART B

**KNEE POPS, STEP RIGHT FORWARD, HOLD, SIDE SHUFFLE LEFT, CROSS ROCK TO LEFT**

1-4                Step right back (pop left), step left beside right (pop right), step right forward, hold

**On count 3, bring chest forward, arms back (making a stand)**

5&6                Side left shuffle (left, right, left)

7-8                Cross rock right over left, recover weight on left

**KNEE POPS, STEP RIGHT FORWARD, HOLD, SIDE SHUFFLE LEFT, CROSS ROCK TO LEFT**

1-4                Step right back (pop left), step left beside right (pop right), step right forward, hold

**On count 3, bring chest forward, arms back (making a stand)**

5&6                Side left shuffle (left, right, left)

7-8                Cross rock right over left, recover weight on left

## **KICK & CROSS, STRETCH TO SIDE, RECOVER, RIGHT SAILOR, LEFT SAILOR**

1&2 Right kick, step down on right, cross left over right

3-4 Side step right on ball of foot, recover weight on left

**On count 3, bring right elbow up, palm out slightly below eyes, slide elbow as you stretch upper body to right side, bend right knee, hold left in place**

5&6-7&8 Right behind left, left-right in place, left behind right, right-left in place

## **¼ STEP RIGHT, LEFT TOGETHER (4 TIMES, TO A FULL CIRCLE)**

1-8 Step left ¼ to right, step left together (repeat steps 3 more times) slightly rolling body with each turn, completing a full right turn

## **PART B&**

**Add the following to Part B to make Part B&**

### **ROCK BACK, SIDE SHUFFLE, ROCK BACK, SIDE SHUFFLE**

1-2-3&4 Step right behind left, recover left, side right shuffle (right, left, right)

5-6-7&8 Step left behind right, recover right, side left shuffle (left, right, left)

## **BREAK**

1-4 Weave right: side step right, step left behind right, swing right around to back, step right behind left

5-8 Weave left: side step left, step right over left, swing left around to front, step left over right

9-10 Rolling vine right: step right ¼ turn right, step left back ½ turn right

11-12 Step right ¼ turn right, hold

13-16 Rolling vine left: step left ¼ turn left, step right back ½ turn left, step left ¼ turn left, hold

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