

We're So Glamorous

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Niels Poulsen (DK) - April 2008
音乐: Glamorous - Natalia : (Album: Everything and More)



Or use any other funky music, fx.: Janet Jackson 'Feedback', Lemon Ice feat. Dave 'Everybody dance', or 8 Ball & MJG Feat. Shannon Jones 'Straight Cadillac Pimpin'

Intro: 16 count intro from first beat in music, app. 9 secs. into music

(1 – 8) Step fw L, R heel fw, back R, point L back, REPEAT

1 – 2 Step fw L, touch R heel fw 12:00
3 – 4 Step back on R, point L foot back 12:00
5 – 6 Step fw L, touch R heel fw 12:00
7 – 8 Step back on R, point L foot back 12:00

(9 – 16) Side rock cross X3, turn ¼ L, side L

1&2 Rock L to L side, recover weight to R foot, cross L over R 12:00
3&4 Rock R to R side, recover weight to L foot, cross R over L 12:00
5&6 Rock L to L side, recover weight to R foot, cross L over R 12:00
7 – 8 Turn ¼ L stepping back on R, step L to L side 9:00

(17 – 24) 3 walks fw, rock fw L, recover, 3 walks back, side R

1 – 2 Walk fw R, walk fw L 9:00
3 – 4& Walk fw R, rock fw L, recover weight to R 9:00
5 – 6 Walk back L, walk back R 9:00
7 – 8 Walk back L, step R to R side 9:00

(25 – 32) Cross rock side, cross rock side, full circle L

1&2 Cross rock L over R, recover R, step L to L side 9:00
3&4 Cross rock R over L, recover L, step R to R side 9:00
5 – 6 Turn L and start walking L R in a semi circle (turning ¼ L with each walk) 3:00
7 – 8 Complete your full turn walking around L R in a semi-circle (counts 5-8 form a full circle L) 9:00

BEGIN AGAIN!

Tag: After wall 7, facing 3:00:

Repeat the last 4 counts and restart dance (Don't get dizzy! Look up...) 9:00

Note: After wall 10, facing 6:00, there's a short break in the music but just continue dancing! I've choreographed this dance as a floor-split to Francien Sittrop's mega popular dance 'So Glamorous', but it works incredibly well to other funky tracks (see examples above)