

I Am

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Peter Jones (UK) & Anna Lockwood (UK) - May 2011
音乐: Jestem - Magdalena Tul : (Album: Eurovision Song Contest Dusseldorf 2011 - Polish Eurovision entry)



Starts 8 Seconds in or after 8 Counts.

S1: Touch, Ball, Heel, Step, Forward Rock, Recover, Shuffle Back, Rock Back, Recover.

1&2& Touch R Toe Next To L, Step Onto R, Touch L Heel Forward, Step Onto L.
3-4 Rock Forward Onto R, Recover Onto L.
5&6 Step Back Onto R, Step L Next To R, Step Back Onto R.
7-8 Rock Back Onto L, Recover Onto R.

Tag: Here On Wall 5 Only Facing 12:00

S2: Touch, Ball, Heel, Step, Step, Pivot ¼ Turn, Cross, Point, Together, Point, Pivot ¼ Turn.

1&2& Touch L Toe Next To R, Step Onto L, Touch R Heel Forward, Step Onto R.
3-4 Step Forward Onto L, Pivot ¼ R Onto R. (3:00)
5-6 Cross L Over R, Point R To R Side.
7&8 Step R Next To L, Point L To L Side, Pivot ¼ L Transferring Weight Onto R. (12:00)

S3: Step Flick, Step, Forward Rock, Recover, Chasse ¼, Cross, Full Unwind.

1-2 Step Weight Onto L and Flick R Behind, Step Forward Onto R.
3-4 Rock Forward Onto L, Recover Weight Back Onto R.
5&6 Turn ¼ L Onto L, Step R Next To L, Step L To L Side. (9:00)
7&8 Cross R Over L, Unwind Full Turn L Transferring Weight Onto R. (9:00)

S4: Forward Shuffle, Step, ¼ Pivot, Jazz Box, Step.

1&2 Step Forward Onto L, Step R Next To L, Step Forward Onto L.
3-4 Step Forward Onto R, Pivot ¼ L Onto L.
5-6-7-8 Cross R Over L, Step Back Onto L, Step R To R Side, Step Slightly Forward Onto L.

Tag: Wall 5 after 8 counts -

Cross, Hold, Unwind, Hold, Cross, Hold, Unwind, Hold.

1-2-3-4 Cross R Over L, Hold, Unwind ½ L Transferring Weight Onto R, Hold.
5-6-7-8 Cross L Over R, Hold, Unwind ½ R Transferring Weight Onto L, Hold.

To End Dance Facing 12:00 Wall

1-2 Cross R Over L, Step ¼ R Back Onto L.

Have Fun and Dance With A Smile ;0)

Contact: www.peterandanna.co.uk