

I Want You Back

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Doug Miranda (USA) & Jackie Miranda (USA) - October 2012
音乐: I Want You Back (Glee Cast Version) - Glee Cast : (iTunes)



With the help of AJ Herbert!

Set 1: Step Forward, Forward, Back, Together, Forward, Twists, Traveling Twist

- 1-2 Step forward on R, step forward on L (feet slightly apart)
- 3&4 Step back on R, step L next to R, step forward on R (weight evenly on both feet)
- 5-6 Twist heels to R, twist heels to L
- 7&8 Twist and slightly travel to R side twisting heels, toes, heels (weight ending on R)

Set 2: Step Forward, Forward, Back, Together, Forward, Twists, Traveling Twists

- 1-2 Step forward on L, step forward on R (feet slightly apart)
- 3&4 Step back on L, step R next to L, step forward on L (weight evenly on both feet)
- 5-6 Twist heels to L, twist heels to R
- 7&8 Twist and slightly travel to L side twisting heels, toes, heels (weight ending on L)

Set 3: Kick, ¼ Turn Hitch, Side Step, Hip Bumps, Kick Ball Crosses

- 1&2 Kick R foot forward, turn ¼ to left as you hitch cross R heel over L and step down on R while popping L knee out to face left side (not in front of you but to the side) with you're a L toe touch

Styling note for Right Hand: When you make the ¼ turn, take your R arm with flexed hand (open fingers spread apart) across/in front of your body at waist level, and then pull to the R side as you step down on your R foot by your hip

- &3&4 Hip thrusts or hip bumps : Raise hips up, down, up, down for thrusts or bump hips R, L, R, L (weight need to end on R)
- 5&6 Kick ball cross – kick L to L side, step down on L, cross R over L as you travel slightly to L side
- 7&8 Repeat steps 5&6 above

Set 4: Step Side, Cross Touch, Step Side, Cross Touch, Step Side, Double Cross Touch, Step

- 1-4 Step L to L side, cross touch R toe over L, step R to R side, cross touch L toe over R
- 5-8 Step L to L side, cross touch R toe over L tapping R toe twice for counts 6, 7, step R to R side on count 8 (weight ending on R)

Styling Note: The cross touches are at an angle. While doing this, you can swing your arms to the L with snaps, then R, then L, then straight up and then down as you step down on your R

Set 5: Kick Forward, Step, Touch Back, Kick Forward, Step Back (Charleston) with Arms

- 1-4 Kick L foot forward, step back on L, touch R toe back, as you bend down, step forward on R
- 5-8 Repeat steps 1-4 above

ARMS:

- 1,2&3 Hands are in a fist – Count 1 Throw L arm, L fist forward as R arm is bent at elbow at chest level and parallel to floor; Count 2& - Bring L fist in and under R fist rolling fists R over L ending with L fist under R Count 3 – with L arm bent at elbow at chest level and parallel to floor, bring R arm down with fist to ground with the fingers of R fist facing forward (back of hand to back)
- 4&5 Bring R arm up to roll fists R over L for counts, throwing L arm and fist straight out on count 5 with R arm and fist bent at elbow parallel to ground
- 6&7 Bring L fist in and under R fist rolling fists R over L ending with L fist under R; Count 7 with L arm bent at elbow at chest level and parallel to floor, bring R arm down with fist to ground with the fingers of R fist facing forward (back of hand to back)

Count 8 You will be standing up, just bring arms naturally to sides or wherever they fall J

Set 6: Kick Ball ¼ Turn; Kick Ball ¼ Turn; Sailor Step, ¼ Turn Left

- 1&2 Kick L forward, step down on L, turn ¼ turn R as you step R to R side (weight on R)
3&4 Repeat steps 1&2 above
5&6 L sailor step bringing L behind R, step R to R side, step L to L side
7&8 Step R behind L, step L into ¼ turn L, step forward on R

Set 7: REPEAT SET 5 ABOVE

Set 8: Kick Ball ¼ Turn; Kick Ball ¼ Turn; Sailor Step, Kick, Hitch, Cross Toe Touch

- 1&2 Kick L forward, step down on L, turn ¼ turn R as you step R to R side (weight on R)
3&4 Repeat steps 1&2 above
5&6 L sailor step bringing L behind R, step R to R side, step L to L side
7&8 Kick R forward, hitch R, cross and touch R over L (weight on L)

ONE TIME 14 count tag to Back Wall :

- 1&2 Kick Ball Touch Back – Kick R forward, step R to R side, cross touch L toe behind R and point fingers with arms to R side (weight on R)
3-4 Hold or body roll or shoulder pops, make it your own style J
5&6 Kick L forward, step L to L side, cross touch R toe behind L and point fingers with arms to L side
7-8 Hold or body roll or shoulder pops

REPEAT: first 6 counts as below

- 1&2 Kick Ball Touch Back – Kick R forward, step R to R side, cross touch L toe behind R and point fingers with arms to R side (weight on R)
3-4 Hold or body roll or shoulder pops
5&6 Kick L forward, step L to L side, cross touch R toe behind L and point fingers with arms to L side

BEGIN DANCE AGAIN!

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