I Grew Stronger

拍数: 64

级数: High Beginner

编舞者: Sally Hung (TW) - April 2014

音乐: I Will Survive - Gloria Gaynor

Sequence of dance: Tag at the very beginning of wall 5, then restart Start to dance after 12-count piano (about 8 sec.)

Intro (32 counts)

1,2,3,4	Cross step R over L, hold, point L toes to L side, hold
5,6,7,8	Cross step L over R, hold, point R toes to R side, hold
9,10,11,12	Step back on R, hold, point L toes to L side, hold
13,14,15,16	Step back on L, hold, point R toes to R side, hold
17,18,19,20	Step R in place with R arm circle up for 3 counts
21,22,23,24	Weight on L with L arm circle up for 3 counts
25,26,27,28	Both forearms down sway to R for 2 counts, sway to L for 2 counts
29,30,31,32	Touch R beside L with shoulders up and down for 3 counts

Tag (8 counts)

Walk a full turn clockwise, R,L,R,L,R,L,R,L

S1. POINT, POINT, COASTER STEP, KICK, KICK, COASTER STEP

- 1,2,3&4 Touch R toes fwd, touch R toes to R side, step R back, step L beside R, step R fwd
- 5,6,7&8 Kick L across R, kick L to diagonal L, step L back, step R beside L, step L fwd

S2. STEP, LOCK, STEP, LOCK, STEP, FWD ROCK, RECOVER, ¼ TURN L SIDE SHUFFLE

- 1.2.3&4 Step R fwd, lock step L behind R, step R fwd, lock step L behind R, step R fwd
- 5,6,7&8 Rock L fwd, recover onto R, 1/4 turn L step L to L, step R beside L, step L to L

S3. POINT, POINT, HEEL, HEEL, ROCKING CHAIR

- 1&2& Point R to R side, bring back to place, point L to L side, bring back to place
- 3&4& Tap R heel fwd, brind back to place, tap L heel fwd, bring L back to place
- 5,6,7,8 Rock R fwd, recover onto L, rock back on R, recover onto L

S4. STEP, PIVOT ½ TURN L, STEP, PIVOT ½ TURN L, JAZZ BOX ¼ TURN R

- 1,2,3,4 Step R fwd, pivot 1/2 turn L, step R fwd, pivot 1/2 turn L
- 5,6,7,8 Cross R over L, 1/4 turn R stepping back on L, step R to side, step L fwd

S5. FINGER POINTS, SIDE TOUCH, SIDE TOUCH

- 1,2,3,4 Point R hand up to R with L hand down to L hip, point L fingers up to L with R hand down to R hip, point R hand up to R with L hand down to L hip, point R hand up to R with L hand down to L hip(or point L hand up to L with R hand down to R hip), weight switches from R,L,R,L
- 5,6,7,8 Roll fists while step R to R side, touch L beside R, roll fists while step L to L side, touch R beside L

S6. R VINE, ROLLING VINE, L ROLLING VINE, TOUCH

- 1,2,3,4 Step R to R side, cross L behind R, step R to R side, touch L beside R
- 5,6,7,8 L rolling vine on LRL, touch R together

S7. SIDE, TAP, TAP, TAP, SIDE, TAP, TAP, TAP

- 1,2,3,4 Step R to R side, tap L toes behind R, tap L toes to L side, tap L toes behind R
- 5,6,7,8 Step L to L side, tap R toes behind L, tap R toes to R side, tap R toes behind L





墙数:4

S8. ROCKING CHAIR WITH SHOULD SHIMMIES, STEP, PIVOT ½ TURN L, STEP PIVOT ¼ TURN L

1,2,3,4 Rock R fwd, recover onto L, rock back on R, recover onto L (with shoulder shimmies)

5,6,7,8 Step R fwd, pivot $\frac{1}{2}$ turn L, step R fwd, pivot $\frac{1}{4}$ turn L

Have Fun!

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