

I Grew Stronger

COPPER KNOB
BY STEPHEN

拍数: 64 墙数: 4 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, ¼ 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, bring 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 ½ turn L, step R fwd, pivot ½ turn L
5,6,7,8 Cross R over L, ¼ 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

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 ½ turn L, step R fwd, pivot ¼ turn L

Have Fun!

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