

I Was Born Yesterday

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Karen Hannaford (NZ) - April 2014
音乐: I Was Born Yesterday - Breanna Alyssa



Intro 32 counts (begin on vocals)

[1-8] □ □ SIDE, TOG, ½, SWEEP, BEHIND, SIDE, CROSS, HOLD

1,2,3,4 Step R to side, step L beside right, turn ½ left and step R back, sweep L from front to back □ □ [6:00]

5,6,7,8 Step L behind right, step R to side, step L across right, hold.

[9-16] □ □ SIDE, TOG, BACK, TOG, CROSS, SIDE, BEHIND, 1/4L

1,2,3,4 Step R to side, step L next to right, step R back, step L next to right

5,6,7,8 Step R across left, step L to side, step R behind left, turn ¼ left and step L fwd □ □ □ □ [3:00]

[17-24] □ □ SIDE SHUFFLE, BACK ROCK, ¼ SHUFFLE, ½ SAILOR

1&2,3,4 Step R to side, step L together, step R to side, rock back on L, recover weight to R

5&6, Step L to side, step R together, turn ¼ right and step L back □ □ □ □ □ □ [6:00]

7&8 Sweeping right around turn ¼ right and step R back, turn ¼ right and step L to side, step R fwd □ □ [12:00]

[25-32] □ □ ROCK FWD, RECOVER, BACK, HOLD, TOG, ½ PIVOT, COASTER STEP

1,2,3,4 Rock fwd on L, recover weight on R, rock back on L, hold

&5,6 Step R next to left, step L fwd, pivot ½ right taking weight on R □ □ □ □ □ □ [6:00]

7&8 Step L fwd, step R next to left, step L back

[33-40] □ □ 1/4R ROCK, BACK ROCK, SIDE SHUFFLE, CROSS ROCK.

1,2,3,4 Turn ¼ right and rock R to side, recover weight on L, Rock R behind left, recover weight on L □ □ [9:00]

5&6,7,8 Step R to side, step L beside right, step R to side, Rock L over right, recover weight on R

[41-48] □ □ SIDE ROCK, BACK ROCK, SIDE SHUFFLE, SAILOR STEP

1,2,3,4 Rock L to left side, recover weight on R, rock L behind right, recover weight on R

5&6 Step L to side, step R beside left, Step L to side,

7&8 Cross R behind left, step L to left side, step R to right side

[49-56] □ □ BEHIND, UNWIND, ½ PIVOT, R SHUFFLE FWD, ½ PIVOT

1,2,3,4 Touch L behind right, Unwind ½ left taking weight on L, step R fwd, pivot ½ left taking weight on L

5&6,7,8 Step fwd R, step L next to right, step fwd R, step fwd L, pivot ½ right taking weight on R □ □ □ [3:00]

[57-64] □ □ ½ SHUFFLE, ¼ ROCK, BACK ROCK, ½ PIVOT

1&2 Turn ¼ right stepping L to side, step R next to left, Turn ¼ right stepping L back □ □ □ □ □ [9:00]

3,4 Turn ¼ right and rock R to right side, recover weight on L □ □ □ □ □ □ [12:00]

5,6,7,8 Rock R behind left, recover weight on L, step R fwd, pivot ½ left taking weight on L □ □ □ [6:00]

RESTART AND TAG

WALL 2 – Dance to count 32 (fwd coaster) and restart facing 12:00

WALL 5 – Dance the full wall and then add the following 36 count tag (don't panic, it's easy!)

[1-8] □ SIDE SHUFFLE, BACK ROCK, SIDE SHUFFLE, BACK ROCK

1&2,3,4 Step R to side, step L together, step R to side, rock back on L, recover weight to R
5&6,7,8 Step L to side, step R together, Step L to side, rock back on R, recover weight to L

[9-16] □ ½ SHUFFLE, BACK ROCK, ½ PIVOT, ½ PIVOT

1&2,3,4 Turn ¼ left and step R to side, step L together, turn ¼ left and step R back, rock back on L, recover weight to R
5,6,7,8 Step L fwd, pivot ½ right taking weight on R, step L fwd, pivot ½ right taking weight on R

[17-24] □ SIDE SHUFFLE, BACK ROCK, SIDE SHUFFLE, BACK ROCK

1&2,3,4 Step L to side, step R together, Step L to side, rock back on R, recover weight to L
5&6,7,8 Step R to side, step L together, step R to side, rock back on L, recover weight to R

[25-32] □ ½ SHUFFLE, BACK ROCK, ½ PIVOT, ½ PIVOT

1&2,3,4 Turn ¼ right and step L to side, step R together, turn ¼ right and step L back, rock back on R, recover weight to L
5,6,7,8 Step R fwd, pivot ½ left taking weight on L, step R fwd, pivot ½ left taking weight on L

[33-36] □ ROCKING CHAIR

1,2,3,4 Rock fwd on R, recover weight on L, rock back on R, recover weight to L

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