

Miss Incredible EZ

COPPER KNOB
STEP SHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Lisa McCammon (USA) - November 2014
音樂: Miss Incredible - Mark Ballas : (Single)



#32 count intro*

[1-8] □ PRESS R FWD, SWIVEL HEEL OUT-IN, BACK ROCK, REC, STEP, TURN, STEP, TURN

1 Place R slightly forward, leaning into ball of foot

& Twist R heel out

2 Twist R heel in while leaning back onto L

3-4 Rock back onto R, recover weight to L

(Easier 1-4: Vee step—step R to right diagonal, step L to side; step R back, step L next to R)

5-8 Step forward onto R, turn left 1/8; repeat, ending squared [9] (over-rotate slightly to L diagonal)

[9-16] □ CROSS ROCK, REC, CHASSE R, CROSS ROCK, REC, CHASSE LEFT ¼

1-2 Cross rock R over L, recover weight to L

3&4 Step R to side, step L next to R, step R to side (open body slightly to R diagonal)

5-6 Cross rock L over R, recover weight to R

7&8 Step L to side, step R next to L, turn left ¼ [6] stepping forward L

[17-24] □ ROCKING CHAIR, STEP, TURN, STEP, TURN

1-4 Rock forward onto R, recover weight to L; rock back onto R, recover weight to L

5-8 Step forward onto R, turn left 1/8; repeat, ending squared to [3]

[25-32] □ FWD ROCK, REC, COASTER; MIRROR ENDING L

1-2 Rock forward onto R, recover weight to L

3&4 Step back onto R, step L next to R, step forward onto R

5-6 Rock forward onto L, recover weight to R

7&8 Step back onto L, step R next to L, step forward onto R

BIG FINISH--you're facing [12] after the last rotation, weight on L. There's one beat left: step onto R.

*It may take a few tries to hit the start on the right beat. There's a falling "hmmm" at the beginning of the track, followed immediately by a "hah." The "hah" is count 1 of the 32-count intro. Music will kick in on the last 5-6-7-8. The first lyrics in the verse are "she got" on counts &2 of the first set.

Alternate music: Tailgate by Neal McCoy; Going Back To Louisiana by Delbert McClinton; Tonight (I'm Lovin' You) or I'm A Freak by Enrique Iglesias.

Alternate dances (yes, you can do other dances you may know to this track addition to or instead of this one): All About That Bass by Gail Dawson; Call Me Baby by John Robinson; Stroll Along Cha-Cha by Rodeo Cowboys; Don't Play That Song by Cheryl Sjolund, Love Repeats by Michele Burton; Meat & Potatoes by Regina Van Bergen, etc.

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