## I＇m The One（P）

拍數： 64
㟨數： 0
級數：Intermediate－Partner
編舞者：Jean LW LeQUEUX（FR）－March 2015
音樂：Billie Jean Bossa Nova by Susan Wong


RF：right foot；LF：left foot；FT：feet together；RL：right leg，LL：left leg，LA：legs apart，RT：right toes；LT：left toes；RH：right heel；LH：left heel；RK：right knee；LK：left knee，RP：right palm：FP：left palm；RAr：right arm； LAr：left arm；RSh：right shoulder；LSh：left shoulder；RE：right elbow，LE：，left elbow；RHd：right hand ，LHd： left hand，RHp：right hip；LHp；left hip，RTh：right thigh，LTh：left thigh；WoRF：weight on RF，WoLF：weight on LF

INSTRUCTIONS FOR PARTNERS：
PARTNERS ARE AROUND THE DANCE FLOOR，MOVING COUNTER－CLOCKWISE，HE STANDS INSIDE THE CIRCLE AND SHE STANDS OUTSIDE THE CIRCLE．
He starts with lyrics，WoLF
She starts with lyrics，WoRF

## SECTION I：SIDE－TO－SIDE，MOONWALK BOSSA NOVA

 POSITIONSide－to－side；His RHd holds her LHd

## HIS STEPS

Start WoLF，LT touches RH，RH down／on LT
1 Glide RF back，maintaining body bent forward，switch（LH down／on RT）
2 Glide LF back，maintaining body bent forward，switch（RH down／on LT）
3 Glide RF back，maintaining body bent forward
4 Tap LT near RH
5 Glide RF back，maintaining body bent forward，switch（LH down／on RT）
6 Glide LF back，maintaining body bent forward，switch（RH down／on LT）
7 Glide RF back，maintaining body bent forward
8 Tap LT near RF，FT
HER STEPS
Start WoRF，RT touches LH，LH down／on RT
1 Glide LF back，maintaining body bent forward，switch（RH down／on LT）
2 Glide RF back，maintaining body bent forward，switch（LH down／on RT）
3 Glide LF back，maintaining body bent forward
4 Tap RT near LH
5，6，7 like 1，2， 3
8 Tap RT near LF，FT
SECTION II：JAZZ BOX，BOSSA NOVA BOX
POSITION ：SIDE－TO－SIDE；RELEASE HER／HIS HAND
HIS STEPS
BOSSA NOVA BOX
1 RF right
2 LF near right
$3 \quad$ RF behind
4 LT tap near RF，FT，LH down
JAZZ BOX

RF right
8
LT tap near RF
HER STEPS: BOSSA NOVA BOX
1 LF left
$2 \quad$ RF near left
3 LF behind
4 RT tap near LF, FT, RH down
JAZZ BOX
5 LF crosses RF
$6 \quad$ RF on right side
$7 \quad$ LF left
8 RT tap near LF
SECTION III: CORCOVADO FORWARD, VALPARAISO FORWARD
POSITION: SIDE-TO-SIDE; RELEASE HER/HIS HAND
HIS STEPS
CORCOVADO: STRETCH ARMS, HOLD ARMS AT THE LEVEL OF SHOULDERS (LIKE A CROSS, THE CORCOVADO CROSS)
1 Step RF forward on left diagonal
2 Step LF forward on left diagonal
3 Step RF near LF, FT
4 Tap LT

## VALPARAISO: STRETCH AND HOLD ARMS UP IN V, LIKE IN VALPARAISO

5 Step RF forward on right diagonal
6 Step LF forward on right diagonal
7 Step RF near LF, FT
8 Tap LT, FT, WoLF
HER STEPS
CORCOVADO: STRETCH ARMS, HOLD ARMS AT THE LEVEL OF SHOULDERS (LIKE A CROSS, THE CORCOVADO CROSS)
1
Step LF forward on right diagonal
Step RF forward on right diagonal
Step LF near RF, FT
Tap RT
VALPARAISO: STRETCH AND HOLD ARMS UP IN V, LIKE IN VALPARAISO
5
Step LF forward on left diagonal
Step RF forward on left diagonal
Step LF near RF, FT
Tap RT, FT WoRF

## SECTION IV: SHE OVERTAKES HIM, SHE MAKES A HALF TURN LEFT, BOSSA NOVA SPIN

 START POSITION: SIDE TO SIDE;HIS STEPS:
FT, WOLF, FLEX KNEES ON SPOT;
1 His RHd holds her LHd inviting her to overtake pulling her LHd to the left diagonal and release her hand; On spot, flex RK (LK stretched)
2 On spot, flex LK, stretch RK
3 On spot, flex RK (LK stretched)
4 On spot, Tap RT, stretch both knees

## POSITION: FACE-TO-FACE

## SPIN LEFT

5 His LHd against her RHd, LF behind 6 His LHd pushes her RHd, pivot
$7 \quad$ Spin $360^{\circ}$ left
8 Tap LT near RF
END POSITION: EMBRACE
HER STEPS:
OVERTAKE, ½ TURN LEFT,
1 LF forward on left diagonal, overtaking him
2 RF near LF
3 LF behind preparing to turn
$4 \quad$ Pivot $1 / 2$ turn left
POSITION: FACE-TO-FACE
BOSSA NOVA SPIN RIGHT
$5 \quad$ RHd against his LHd, RF behind
6 His LHd pushes her RHd, pivot
$7 \quad 360$ degrees turn
$8 \quad$ Tap RT near LT
END POSITION: EMBRACE

## SECTION V: PROMENADE

## POSITION: EMBRACE

HIS STEPS
$1 \quad 1 / 4$ turn right, turn chess left, WoRF
2 Step LF along dance line
3 Step RF
4 Tap LT
POSITION: SIDE-TO-SIDE, HIS RHD HOLDS HER LHD
$5 \quad$ Release left hand (her right hand) 114 turn right, Step RF forward
6 Step LF forward
7 Step RF
8 Tap LT

## HER STEPS

$1 \quad 1 / 4$ turn left, turn chess right, WoLF
2 Step RF along dance line
3 Step LF
4 Tap RT

## POSITION: SIDE-TO-SIDE, HIS RHD HOLDS HER LHD

5
6
7
8

Release right hand (his left hand) $1 / 4$ turn left, Step LF forward Step RF forward
Step LF
Tap RT

## POSITION: SIDE-TO-SIDE, RELEASE HANDS

## SECTION VI: SHE OVERTAKES HIM, PURSUIT, EMBRACE

## HIS STEPS: ON SPOT MOVES, THEN PURSUIT

$1 \quad$ His RHd holds her LHd inviting her to overtake, pulling her LHd to the left diagonal and release her LHd; On spot, flex RK (LK stretched)
2 On spot, flex LK, stretch RK
3 Step RF forward, following her
4
Tap LT
5 Step RF forward, following her
6
$7 \quad$ On spot, flex RK (LK stretched)
8
On spot, tap LT
POSITION: EMBRACE
HER STEPS
OVERTAKING
1
2 RF near LF
3 Step LF forward
4 Tap RT
PURSUIT
5 Step LF forward
$6 \quad$ Step RF forward
7 LF behind, $1 / 2$ turn left facing him
8 Tap LT
POSITION: EMBRACE
SECTION VII: HABANERA BOSSA NOVA; RECIFE-RIO BRANCO (BOSSA NOVA SIDE ROCK)
HIS STEPS: HABANERA
1 RF forward
2 Rock forth, lifting slightly LF
3 Rock back, lifting slightly RF
4
RF back, tapping toes near LF, FT
HIS STEPS: RECIFE-RIO BRANCO
$5 \quad$ RF right
$6 \quad$ Rock left, lifting slightly RF
$7 \quad$ Rock right, lifting slightly LF
8 Tap LT near RF
HER STEPS
HABANERA
1 LF backward
2 Rock back, lifting slightly RF
$3 \quad$ Rock forth, lifting slightly LF
4 LF back tapping toes near RF, FT

## RECIFE-RIO BRANCO

5 LF left
6 Rock right, lifting slightly LF
$7 \quad$ Rock left, lifting slightly RF

## POSITION: EMBRACE

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SECTION VIII: VARENDO (ZIGZAG); FRENCH BONJOUR, ENLAÇANDO (WRAPPING OUT AROUND HIS
RIGHT ARM)
HIS STEPS: VARENDO,
1 Step RF forward on right diagonal,
2 step LF forward on left diagonal
3 Step RF forward
4 Tap LT near RF
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HIS STEPS: FRENCH BONJOUR, ENLAÇANDO
5 Release arms, his RHd holds her RHd ("bonjour"), RF slightly back
$6 \quad$ Invitation to wrap around his RHd, LF left
7 While wrapping, RF near LF
8 Tap LT near RF, release her RHd
POSITION: SIDE-BY-SIDE, HIS RHD HOLDS HER LHD

## HER STEPS: VARENDO

1 Step LF backward on left diagonal
2 Step RF backward on right diagonal
3 Step LF backward on
$4 \quad$ Tap RT near LF
HER STEPS: FRENCH BONJOUR, ENLAÇANDO WITH ½ TURN LEFT
$5 \quad$ Release arms, his RHd holds her RHd ("bonjour"), LF forward on left diagonal turning LF $90^{\circ}$
7 RHd down, preparing to finish the half-turn, LF near RF turning $90^{\circ}$, her RHd is now behind her back holding his RHd
Tap RT near LF, release RHd
POSITION: SIDE-BY-SIDE: HIS RHD HOLDS HER LHD
Do it again, cowboys (gaúchos) \& cowgirls (gaúchas)!
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