

I Realize

拍數: 32 牆數: 4 級數: Improver
編舞者: Sherri Busser (USA) - June 2015
音樂: You're Easy On the Eyes - Terri Clark : (Album: Terri Clark: Greatest Hits)



**** Many thanks to Lisa McCammon for her invaluable input and suggestions!**

Alternate music:

She's Not You; Elvis Presley, Intro – quick. Start on the word “soft”.
Seven Lonely Days; Bouke, 24-count intro, start on the word “well”
Travelin' Man; Ricky Nelson

Intro: 40 Counts Wt. on L. Moves counter-clockwise.

[1-8] V-STEP, SWIVETS RIGHT AND LEFT

1-4 Step R foot fwd and out, step L foot fwd and out, step R back to home, Step L next to R
5-6 On ball of L foot and heel of R foot swivel toes to R, return to center
7-8 On ball of R foot and heel of L swivel toes to L, return to center . Wt. on L (12)
(Easier option 5-8. Swivel both heels L, rtn to center; swivel both heels R, rtn to center)

[1-8] LINDY RIGHT AND LEFT

1&2 Step R to side, step L next to R, step R to side
3-4 Rock back on L foot, recover R
5&6 Step L to side, step R next to L, step L to side
7-8 Rock back on R foot, recover L (12)

[1-8] KICK, BALL, CROSS X 2, FULL TURN TO R, TOUCH

1&2 Kick R to diagonal, step ball R foot slightly back and to side, step L across R
3&4 Kick R to diagonal, step ball R foot slightly back and to side, step L across R
5-8 Turn ¼ turn R stepping R fwd, turn ½ R stepping L back, turn ¼ R stepping R side, touch L to side. (12) **** Restart wall 9**
(Easier option – grapevine R and touch)

[1-8] ¼ TURN L, ½ TURN L, TRIPLE ½ TURN L, STEP FWD R, STEP TOG WITH L KNEE POPS X2

1-2 Turn ¼ L stepping L fwd, turn ½ L stepping R back
3&4 ¼ turn L stepping L to side, step R together, ¼ turn L stepping L fwd (9)
(Easier option – ¼ turn L stepping fwd on L, step fwd on R, triple fwd LRL (9))
5-6 Step fwd R, step L together (Wt evenly distributed)
7-8 Knee pops x 2 (lift heels off floor while popping knees forward) Wt ends on L* (9)

* Tag end of wall 4 (12)

1-4 V-step starting with R (out/out in/in)
5-8 Step fwd R, step tog with L (wt. evenly distributed) 2 knee pops. (Wt. on L) Restart.
****Restart after 24 counts wall 9 Change the rolling turn to ¼, ½, ¼, step L next to R. Restart. (12)**

Ending: Wall 13. V-step, starting with R, (3) Step fwd R, ¼ L, stepping L to side, do a kick, ball, cross into pose of your choice.

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