

I'm Strengthened In Him

COPPER KNOB
STEPSHETS

拍數: 80 牆數: 1 級數: Phrased High Beginner
編舞者: Sally Hung (TW) - August 2015
音樂: I'm Strengthened In Him by Stream Of Praise



Sequence Of Dance: Tag1 AABB/ Tag1 Tag2 AABB/CC Tag3/ CC Tag2/ BBBB B3,B4, Tag2
Intro: 16 Counts

Tag 1 (16 counts)

Person R:

- 1-8 Walk 180 degree anticlockwise crossing R over L, step L,R,L,R,L(facing 12:00 while walking), step R in place, step L beside R
9-16 Walk 180 degree clockwise on R-L-R-L-R-L(facing 12:00 while walking), step R in place, step L beside R

Person L:

- 1-8 Walk 180 degree clockwise on R-L-R-L-R-L(facing 12:00 while walking), step R in place, step L
9-16 Walk 180 degree anticlockwise crossing R over L, step L,R,L,R,L(facing 12:00 while walking), step R in place, step L beside R

Tag 2 (8 counts)

Marching on the spot with hands clapping, R-L-R-L-R-L-R-L

Tag 3 (4 counts)

Marching on the spot RLRL

SECTION A: (32 COUNTS)

A1. WALK 3 STEPS FW, KICK, WALK 3 STEPS, KICK

- 1,2,3,4 Toward R corner stepping fwd on R-L-R, kick L
5,6,7,8 Toward L corner stepping fwd on L-R-L, kick R

A2. SIDE KICK 4X

- 1,2,3,4 Step R to the R, kick L across R, step L to the L, kick R across L
5,6,7,8 Repeat above procedure

A3. SIDE TOGETHER SIDE TOUCH 2X

- 1,2,3,4 Toward R diagonal back corner stepping back on R-L-R(facing 3:00), touch L next to R
5,6,7,8 Toward L diagonal back corner stepping back on L-R-L(facing 9:00), touch R next to L

A4. REPEAT A2

SECTION B: (32 COUNTS)

B1. ¼ TURN L WALK BACK, ¼ TURN R SIDE TOGETHER, ¼ TURN R WALK BACK, ¼ TURN L SIDE TOGETHER

- 1,2,3,4 ¼ Turn L stepping back on R-L, ¼ turn R stepping R to R, step L beside R with hands clapping (shaking both forearms with fists while doing count 1,2,3)
5,6,7,8 ¼ turn R stepping back on L-R, ¼ turn L stepping L to L, step R next to L with hands clapping (shaking both forearms with fists while doing count 5,6,7)

B2. SIDE TOUCH WITH HANDS CLAPPING 4X

- 1 .2.3.4 Step back on R with hands clapping, touch L next to R with hands clapping, step back on L with hands clapping, touch R next to L with hands clapping
5,6,7,8 Repeat 1,2,3,4

B3. STOMP-HOLD 4X

1,2,3,4, Stomp R with R arm stretching out, hold, stomp L with L arm stretching out, hold 5,6,7,8
Stomp R with R hand touching upper chest, hold, stomp L with L hand touching upper chest,
hold

B4. MARCHING ON THE SPOT

1,2,3,4 Marching on the spot R,L,R,L with both arms outside circling

5,6,7,8 Marching on the spot R,L,R,L shaking R upper forearm with fist (When doing 2nd time of B,
the 5,6,7,8 of B4 hands movement will change to keep doing arms outside circling)

SECTION C (16 COUNTS)

C1. SIDE, DRAG, BACK ROCK, RECOVER, SIDE, DRAG, BACK ROCK, RECOVER

1,2,3,4 Step R to R, drag L toward R, rock back on L, recover onto R

5,6,7,8 Step L to L, drag R toward L, rock back on R, recover onto L

C2. WALK, HOLD, WALK, HOLD, ½ TURN L WALK, HOLD, WALK, HOLD

1,2,3,4 Step R fwd, hold, step L fwd, hold

5,6,7,8 ½ turn L stepping R fwd, hold, step L fwd, hold

Happy Dancing!

Contact Sally Hung: hung1125@gmail.com
