

I Choose You

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Adrian Lefebour (AUS) & Jessica Lamb (AUS) - April 2016
音樂: Choose You - Stan Walker : (Album: From the Inside Out)



Notes: 16 count intro from the start of the song.

[1-8] □ Walk R L, Step Lock Step, Step Fwd, Replace, 1/4 Side Shuffle Step

1,2 Step R fwd, Step L fwd
3&4 Step R fwd, Lock step L behind R, Step R fwd
5,6 Step L fwd, Replace weight back on R
7&8 1/4 Turn L step L to L side, Step R next to L, Step L to L side (weight on L) (9.00)

[9-16] □ Step Across, Step Side, Sailor Step, 1/4 Sailor Step, 2x 1/4 Paddle Turns

1,2 Step R across L, Step L to L side
3&4 R Sailor Step – Step R behind L, Step L slightly to L, Step R to R side
5&6 1/4 L Sailor Step – Step L behind R making a 1/4 Turn L, Step R next to L, Step L fwd (6.00)
7&8& Step R fwd, 1/4 Paddle Turn L (3.00), Step R fwd, 1/4 Paddle Turn L (weight on L) (12.00)

[17-24] □ Step Across, Point, Cross Samba, 1/4 Turn, 1/4 Side Shuffle Step

1,2 Step R fwd/across L, Point L toe to L side
3&4 L Cross Samba Step – Step L across R, Step R to R side, Step L in place
5,6 Step R across L, 1/4 Turn R step L back (3.00)
7&8 1/4 Turn R step R to R side, Step L next to R, Step R to R side (1/4 side shuffle) (6.00)

[25-32] □ Step Across, Replace, 3/4 Turn, 1/4 Side Shuffle, Cross Samba

1,2 Step L across R, Replace weight back on R
3,4 1/4 Turn L step L fwd, 1/2 Turn L step R back (9.00)
5&6 1/4 Turn L step L to L side, Step R next to L, Step L to L side (6..00)
7&8 R Cross Samba – Step R across L, Step L to L side, Step R in place (weight on R)

[33-40] □ Step Across, Point, Hold, Step Fwd, Replace, Step Side, Replace, Step Across, Point, Step Across, 1/4 Turn

&1,2 Step L across R, Point R toe to R side, Hold
3&4& Step R fwd, Replace weight back on L, Step R to R side, Replace weight to L RESTART #1
5,6 Step R across L, Point L toe to L side
7,8 Step L across R, 1/4 Turn L step R back (weight on R) (3.00)

[41-48] □ Step Side, Together, Shuffle Fwd, Step Side, Together, Back Shuffle (Box Shuffle Sequence)

1,2 Step L to L side, Step R next to L (weight on R)
3&4 Shuffle fwd on L
5,6 Step R to R side, Step L next to R (weight on L)
7&8 Shuffle back on R (weight on R) (3.00)

[49-56] □ 1/4 Turn, 1/2 Turn, 1/2 Turn Shuffle, Step Fwd, Replace, Step Sweep, Step Sweep

1,2 1/4 Turn L step L fwd, 1/2 Turn L Step R back (6.00)
3&4 Do a further 1/2 Turn over L stepping L fwd, Step R next to L, Step L fwd (1/2 Turning Shuffle) (12.00) RESTART #2
5,6 Step R fwd, Replace weight back on L
&7&8 Step R back, Sweep L back, Step L back, Sweep R back

[57-64] □ Sailor Step, Behind Side Fwd, 1/2 Pivot Turn, Full Turn

1&2 R Sailor Step

3&4 Step L behind R, Step R to R side, Step L fwd
5,6 Step R fwd, 1/2 Pivot Turn L (weight on L) (6.00)
7&8 1/2 Turn L step R back, 1/2 Turn L step L fwd (6.00)

START AGAIN

RESTART #1: Wall 2 – Dance to count 34 and start dance again facing the front wall.

RESTART #2: Wall 5 – Dance to count 52 and start dance again facing the front wall.

(Note: Keep dancing to normal speed during the slow bit in the music)

FINISH: Wall 6 – Dance to the end, you will be facing the back – Step R fwd, Step L fwd, 1/2 Pivot Turn to the front to finish.

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