

I'm So Excited!

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Cindy Hady (USA) - May 2016
音樂: I'm So Excited - The Pointer Sisters : (Album: The Best Of The Pointer Sisters)



Start weight on L - Intro: start with vocals, approximately 30 seconds in

KICK-&-HITCH, SIDE-BACK-CROSS-POINT, ROCK-RECOVER-CROSS, BOUNCE-BOUNCE-BOUNCE (½ unwind L)

1&2 Kick R forward, step R beside L, hitch L knee
&3 Step side L, step R slightly back (open to right diagonal)
&4 Cross L over R, point R forward to right diagonal
5&6 Rock R to side, recover L, cross R over L (weight even on balls)
7&8 Unwind left ½ (6:00) while bouncing heels 3X, ending with weight L

SHUFFLE FORWARD, CROSS-SIDE-HEEL-BACK-TOUCH-BACK-TOUCH, BACK-LOCK-BACK

1&2 Stepping forward R, close L, step forward R
3&4 Cross L over R, step R to right, touch L heel forward to left diagonal
5&6& Step back L, touch R next L, step back R, touch L next to R (optional claps on touches)
7&8 Step back L, step back R with heel to L instep, step back on L

TURN-SIDE-CROSS, KICK-&-CROSS, POINT-HITCH-POINT, BEHIND-SIDE-FORWARD

1&2 Turn right ¼ (9:00) stepping R behind L, step L to L side, cross R over L
3&4 Kick L low toward left diagonal, step back slightly on L ball, cross R over L
(Still facing left diagonal)
5&6 Point L to side, hitch L knee turning right, squaring to 12:00, point L to side
7&8 Step L behind R, step R to side, Step L forward of R (12:00) **Restart

ROCK-&-CROSS, BACK-TURN-CROSS, ROCK-&-HEEL-&-HEEL-&-TOUCH

1&2 Rock R to side, recover L, cross R over L
3&4 Step L back, turn right ¼ (3:00) stepping side R, cross L over R
5&6 Rock R to side, recover L, touch R heel forward
&7 Step R next to L, touch L heel forward
&8 Step L next to R, touch R next to L

As music fades, dance will end at the front on the last step!

****RESTARTS** will occur during the 2nd and 7th repetitions; you will start and restart at 3:00 both times.

Contact: chadydancer@gmail.com

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