

# I Dance

拍數: 32      牆數: 2      級數: Intermediate  
編舞者: Nina Skyrud (NOR) - March 2018  
音樂: I Dance - Go Royal



Start the dance after 16 counts

Restarts: Wall 3 and 8 after 8 count; Wall 5 and 10 after 16 count; Wall 11 after 28 count

## [1-8] Step Touch X2, Step Touch, Step Touch X2, Step, Hip Bumps

- 1-2            Step right foot to right side (1), Touch left beside right (2)
- 3-4            Step left to left side (3), Touch right beside left (4)
- &-5            Step right foot to right side (&), Touch left beside right (5),
- &-6-&          Step left to left side (&), Touch right beside left (6), Step right foot to the right side (&)
- 7-&-8          Touch left ball to the left side pushing left hip up with the ball of your foot (7), Bump right hip to the right side (&), Bump left hip to the left side moving weight unto left foot (8)

**Note: Restart here on wall 3 and 8**

## [9-16] Step, Point, Step, Point, Jazz box ¼ Turn right

- 1-2            Step right foot forward (1), Point left foot to the left side (2)
- 3-4            Step left foot forward (3), Point right foot to the right side (4)
- 5-6            Cross right foot over left (5), Step left foot back (6),
- 7-8            Turn ¼ turn right stepping right foot to the right side (7), Cross left foot over right (8) [03:00]

**Note: Restart here on wall 5 and 10**

## [17-24] Side-Rock Switches, Sailor ½ Turn left, Side-Rock Cross

- 1-2            Rock right foot to the right side (1), Recover onto left foot (2)
- &-3-4          Step right foot next to left (&), Rock left foot to the left side (3), Recover onto right foot (4)
- 5-&-6          Cross left foot behind right (5), Turn ¼ turn left stepping right foot to the right (&), Turn ¼ turn left stepping left foot forward (&) [9:00]
- 7-&-8          Rock right foot to the right side (7), Recover onto left (&), Cross right foot over left (8)

## [25-32] ¼ Turn left, Rock Recover, Coaster Step, Dip right, Dip left

- 1-2            Turn ¼ turn left rocking forward on left foot (1), Recover onto right foot (2) [6:00]
- 3-&-4          Step left foot back (3), Step right foot beside left (&), Step left foot forward (4)

**Note: Restart here on wall 11**

- 5-6            Dip to the right side stepping right foot to the right (5), Straighten up touching left foot in place (6)
- 7-8            Dip to the left side (7), Straighten up touching right foot in place (8)

Have fun and let yourself be inspired by the lyrics!

“I dance, I own the floor. I dance ‘til I can’t dance no more”