

What I Am

拍數: 32 牆數: 4 級數: Improver
編舞者: Silvia Schill (DE) - August 2018
音樂: What I Am - Kevin Maines



The dance begins with the use of singing

Chassé R, Rock Back, ½ Turn R, ½ Turn R, Shuffle Forward

1&2 Step right to right - step left to right and step right to right
3-4 Step back with left foot - weight back on right foot
5-6 ½ Turn right and step back with left - ½ Turn right and step forward with right
7&8 Step left forward, step right to left, step left forward.

Tag/restart: In round 4 - direction 3 o'clock - break off here, dance the tag and then start again)

Step, Pivot ½ L, Heel & Heel-¼ Turn R-Stomp, Kick, Coaster Step

1-2 Step right forward - ½ Turn left on both feet, weight at the end left (6 o'clock)
3& Touch right heel in front and put right foot against left foot
4& Touch left heel in front, ¼ turn right and put left foot against right foot
5-6 Stomp right foot next to left foot (without changing weight) - kick right foot forward (9 o'clock)
7&8 Step right back, step left to right, step right forward

Rock Forward, Shuffle Back Turning ½ L, Walk 2, Shuffle Forward

1-2 Step left forward - weight back on right foot
3&4 ¼ Turn left and step left to left - step right to left, ¼ Turn left to left and step left forward (3 o'clock)
5-6 Step right forward (grab hat with right hand, kneel a little) - step left forward (right hand stays on hat, stand up again)
7&8 Step right forward (take right hand off hat again) - Put left foot to right and step right forward

Step, Pivot ¼ R, Cross-Side-Heel & Jazz Box Turning ¼ R

1-2 Step forward with left - ¼ Turn right around on both feet, weight at the end right (6 o'clock)
3& Cross left foot over right and step small step right to right (slightly backwards)
4& Touch left heel diagonally in front left and put left foot against right foot
5-6 Cross right foot over left - ¼ Turn right and step left back (9 o'clock)
7-8 Step right to the right - step left forward

Repeat until the end

Tag (after the end of round 8 - 3 am)

Stomp Forward, Heel Bounces

1-4 Stamp right foot in front (without changing weight) - Raise and lower right heel 3x

And don't forget to smile, because dancing is fun! There is no guarantee for errors in the translation, content, spelling, etc.!

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Last Update – 30 Nov. 2018