

Here I Am

拍數: 32 牆數: 2 級數: Improver
編舞者: Magali Chabret Erhard (FR) - October 2018
音樂: Here I Am - Charlie Winston : (CD: Square)



#16 counts intro

S1 – FWD ROCK, LOCK STEP BACK, ½ TURN R, STEP FWD R/L, ¼ TURN R, R CHASSE

1-2 Rock Lf forward – recover onto Rf
3&4 Step Lf back – lock Rf over Lf – step Lf back
5-6 Turn 1/2 right stepping Rf forward – step Lf forward (6:00)
7&8 Turn 1/4 right stepping Rf to right side – close Lf next to Rf – step Rf to right side (9:00)

S2 – L CROSS SAMBA, R CROSS SAMBA, FWD ROCK, ¼ TURN L, SIDE, POINT

1&2 Cross Lf over Rf – rock Rf to right side – recover onto Lf
3&4 Cross Rf over Lf – rock Lf to left side – recover onto Rf
5-6 Rock Lf forward – recover onto Rf
7-8 Turn 1/4 left stepping Lf to left side – point Rf to right side (6:00)

S3 – ¼ TURN R, ¼ TURN R, SAILOR STEP, UNWIND ½ TURN L, CROSS TRIPLE

1-2 Turn 1/4 right stepping Rf forward – turn 1/4 right stepping Lf to left side (12:00)
3&4 Step ball of Rf behind Lf – step ball of Lf to left side – step Rf to right side
5-6 Touch left toe behind Rf – turn 1/2 left taking weight on Lf (6:00)
7&8 Cross Rf over Lf – step Lf to side – cross Rf over Lf

S4 – L DOROTHY, CLOSE, KNEE POP, R DOROTHY, CLOSE, KNEE POP

1-2& Step Lf diagonally forward – lock Rf behind Lf – step Lf to left side
3&4 Close Rf next to Lf – bend both knees lifting heels – drop both heels straightening both legs
5-6& Step Rf diagonally forward – lock Lf behind Rf – step Rf to right side
7&8 Close Lf next to Rf – bend both knees lifting heels – drop both heels straightening both legs

No Tag, No Restart !

« Croquez la vie à pleines danses ! » Magali Chabret - galicountry76@yahoo.fr - www.galichabret.com
Fiche originale de la chorégraphe. Merci de ne pas modifier ces pas de quelque manière que ce soit.