

Here I Am

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Michael Richardson (USA) & Eugene Walls (USA) - October 2018
音樂: Here I Am - Dolly Parton & Sia : (Album: Dumplin' OST)



Intro – 36 Counts

Tag: 16 counts after wall 2

[1-8] Nightclub Basic, 1/8 Turn, 1/4 Turn, Coaster 1/8 Turn, 1/4 Turn, Behind

1-2& R big step to right, Rock L behind R, Recover R
3 Step forward on L 1/8th turn to left [10:30]
4 Step backward on R 1/4th turn to left [7:30]
5&6 Step backward on L, Step R next to L, Step forward on L turning 1/8th left [6:00]
7-8 Step R to right side turning 1/4th left, Step L behind R [3:00]

[9-16] 1/4 Turn, 3/4 Chase Turn, Behind, 1/4 Turn, Triple Full Turn, Rock

1 Step forward on R turning 1/4 right [6:00]
2&3 Step forward on L, Pivot 1/2 right (weight on R), Step L to left side turning 1/4 right [3:00]
4-5 Step R behind L, Step L forward turning 1/4 left [12:00]
6&7 Triple full turn (RLR)
8 Rock forward on L

[17-24] Recover, Back Lock Step, Rock/Recover, Samba, Cross

1 Recover R
2&3 Back lock stop (LRL)
4-5 Rock back on R on the diagonal, Recover L
6&7 Moving forward cross R over L, Rock L to left side, Recover R
8 Cross L over R

[25-32] 1/8 Turn, 1/2 Turn, 1/2 Turning Ball/Step, Nightclub Basic X2, 1/8 Turn

1 Step back on R turning 1/8 left [10:30]
2 Step forward on L turning 1/2 left [4:30]
3& Turning 1/2 left, step back on R, Step forward on L [10:30]
4-5& Still on diagonal, R big step to right, Rock L behind R, Recover R
6-7& Still on diagonal, L big step to left, Rock R behind L, Recover L
8 Step R forward slightly crossing L turning 1/8 left [9:00]

[33-40] Walk X2, Rock/Recover, 1/2 Turn, Triple 1/2 Turn, Triple 1/4 Turn

1-2 Step L forward slightly crossing right, Step R forward slightly crossing L
3& Rock L forward, Recover R
4 Step forward on L turning 1/2 left [3:00]
5&6 Triple half turn to left (RLR) [9:00]
7&8 Triple one-quarter turn to left (LRL) [6:00]

[41-48] Cross Rock/Recover, Chasse Right, Cross Rock/Recover, 3/4 Run Around

1-2 Rock R across L, Recover L
3&4 Triple to right (RLR)
5-6 Rock L across R, Recover R
7&8 Run 3/4 left (LRL) [9:00]

TAG (16 Counts) After Wall 2 (facing 6:00)

[1-8] Nightclub Basic X2, 1/2 PIVOT, 1/2 PIVOT CHASE INTO CROSS ROCK

1-2& R big step to right, Rock L behind R, Recover R
3-4& L big step to left, Rock R behind L, Recover L
5-6 Step R forward, Pivot 1/2 left (weight on L) [12:00]
7&8 Step R forward, Pivot 1/2 left (weight on L), Cross rock R over L [6:00]

[9-16] Recover, Sway X2, Rumba Box, Side/Together

1 Recover L
2-3 Sway right, Sway left (weight on L)
4&5 Step R to right side, Step L next to R, Step R forward
6&7 Step L to left side, Step R next to L, Step L backward
8& Step R to right side, Step L next to R

Have fun!

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