

I Miss The Way

拍數: 96 牆數: 1 級數: Phrased Intermediate
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音樂: Funk - Meghan Trainor : (Album: TREAT MYSELF 2020 - iTunes & other mp3 sites)



Introduction: 32 counts.

Sequence: A, B, A*, B, A, B, B (A* dance count 1-16 and then continue with count 33-64)

A:

Part A1. (1-8) Kick & Point, . Swivel Turn L, Hip Roll Down Back & Up, Weave R.

1&2 Kick Rf forward (1), Step Rf back in place (&), Point Lf out to L (2).
3&4 Swivel both heel to R (3), Swivel both heel to L (&), Swivel both heels to R with . L (9.00) holding weight onto R (4).
5,6 Roll hips forward, back down and up (5,6).
7&8 Step Lf behind Rf (7), Step Rf to R (&), Step Lf across Rf (8).

Part A2. (9-16) Side Rock & Recover with Shoulder Pops R, L, Paddle Turn with . Turn L, Paddle Turn with . Turn L, Sways R, L with Heel Swivels, Sway R, Ball/Cross.

1,2 Step Rf to R and lift R shoulder (1), Recover back onto L and lift L shoulder (2).
3,4 Point Rf to R with . turn L (6.00) (3). Point Rf to R with . turn L (12.00) (4).
5& Sway R to R (5) swivelling L heel in (&),
6& Sway L to L swivelling R heel in (&).
7&8 Sway R to R (7), Step L slightly behind R(&), Step R across L (8).

Part A3 (17-24) Shuffle In Box With 1/4 Turn R, . Turn R With Slide L, Ball/Step, . Turn R with Shoulder Bounces.

1&2 Side Shuffle L (1&2).
3&4 1/4 Turn right with Side Shuffle R (3.00)
5,6 Make . turn R and step Big to L (9.00) and drag Rf together Lf (5,6).
&7&8 Step Rf in place (&), Step Lf forward (7), Pivot . turn R (12.00) bounce shoulders twice (weight ending on Lf (&8)).

Part A4 (25-32) Ball/Cross, Side R, Sailor Step L, Slides in a Box.

&1,2 Rf make small step behind LF (&), Lf cross in front of RF (1), Rf step right (2)
3&4 Step Lf behind Rf (3), Step Rf to R (&), Step Lf to L (4).
5 make 1/4 Turn left stepping Rf right (5) (9.00).
&6 make 1/4 Turn left touching Lf next to RF (&) (6.00), Lf step left (6).
&7 make 1/4 Turn left touching Rf next to Lf (&) (3.00), Rf step right.
&8 make 1/4 Turn left touching Lf next to RF (&) (12.00), Lf step left (8).

Part A5 (33-40) Side R With Arm Movement, Ball/Cross, Side L With Arm Movement, Ball/Cross.

1,2,3 Rf step right and raise right arm to right from down to up over 3 counts (1-2-3).
&4 Lf small step behind RF (&), Rf cross in front of Lf (4).
5,6,7 Lf step left and raise left arm to left from down to up over 3 counts (5-6-7).
&8 Rf small step behind Lf (&), Lf cross in front of Rf (8).

Part A6 (41-48) Hip bump R, step R, 1/2 Turn L, hip bump L, 1/4 Turn L, mambo with . Turn L, together with arm movement, hold with arm

movement, flick with arm movement, step R forward with arm movement

1,2 Rf touch right with hip bump (1), step down on Rf (2).

- 3,4 make 1/2 Turn left (6.00) Lf touch left with hip bump (3), make 1/4 Turn left whilst stepping Lf forward (4). (3.00)
- 5&6 Rf step forward (5), make 1/4 Turn left recovering onto Lf (&) (12.00), Rf step forward (6).
- &7 Lf step together pointing left index finger to left (&), hold pointing right index finger to right (7).
- &8 Rf flick heel up to right side touching right hand on right heel (&), Rf step forward pointing right index finger to right (8).

Part A7 (49-56) Side L With Arm Movement, Ball/Cross, Side R With Arm Movement , Ball/Cross

- 1,2,3 Lf step left and raise left arm to left from down to up over 3 counts (1-2-3).
- &4 Rf small step behind LF (&), Lf cross in front of Rf (4).
- 5,6,7 Rf step right and raise right arm to right from down to up over 3 counts (5-6-7).
- &8 Lf small step behind Rf (&), Rf cross in front of Lf (8).

Part A8 (57-64) Hip bump L, step L, 1/2 Turn R, hip bump R, 1/4 Turn R, mambo with 1/4 Turn R, together with arm movement, hold with arm movement, flick with arm movement, step L forward with arm movement.

- 1,2 Lf touch left with hip bump (1), step down on Lf (2).
- 3,4 Make 1/2 Turn right (6.00) Rf touch right with hip bump (3), make 1/4 Turn right whilst stepping Rf forward (4). (9.00)
- 5&6 Lf step forward (5), make 1/4 Turn right recovering onto RF (&) (12.00), Lf step forward (6).
- &7 Rf step together pointing right index finger to right (&), hold pointing left index finger to left (7).
- &8 Lf flick heel up to left side touching left hand on left heel (&), Lf step forward pointing left index finger to left (8).

B:

Part B1 (1-8) Side Shuffle R, Heel Switches L,R, Replace, Step L & Drag, Kick R ball Point Fwd (Dip).

- 1&2 Shuffle R to R (1&2).
- 3&4& Lf touch heel forward (3), Lf step together (&), Rf touch heel forward (4), Rf step together (&).
- 5,6 Step Lf big to L (5), Drag Rf together Lf (6).
- 7&8 Kick Rf fwd (7), Step Rf slightly behind Lf (&), Point Lf fwd and dip body down (sit position) (8).

Part B2 (9-16) Syncopated Swivels R+L, Coaster Cross L, Side Mambo R, Syncopated Weave R with 1/8 Turn L.

- 1&2& Bf swivel heels left (1), Bf swivel heels back to centre (&), Bf swivel heels left (2), Bf swivel heels back to centre (&).
- 3&4 Step Lf back (3), Step Rf together (&), Step Lf across Rf (4).
- 5& Rf rock to R (5), Recover back onto Lf (&).
- 6&7& Step Rf across Lf (6), Step Lf to L (&), Step Rf behind Lf (7), Step Lf to L (&).
- 8 Step Rf fwd with 1/8 turn L (10.30) (8).

Part B3 (17-24) Fwd Rock L, . Shuffle Turn L, . Step Turn L, Cross Sailor R with . Turn R.

- 1,2 Diag: Rock Lf fwd (1), Recover back onto Rf (2). (10.30)
- 3&4 Diag: Shuffle . turn L (3&4). (4.30)
- 5,6 Diag: Step Rf forward (5), Pivot . turn over R (6). (10.30)
- 7&8 Cross Rf over Lf (7), Step Lf to L with . turn R (1.30) (&), Step Rf to R (8).

Part B4 (25-32) Camel Walks L, R (diag), Fwd Mambo L, Big Step Back L, Heel Drag R, Syncopated Sailor Steps R, L with 1/8 Turn L, Touch Together

- 1,2 Diag: Camel Walks L, R (1,2).
- 3&4 Diag: Mambo Lf (3), Recover back onto Rf (&), Step Lf big back and drag R heel together Lf (4).
- 5&6 Step Rf behind Lf (5), Step Lf to L with 1/8 turn L (12.00) (&), Step Rf to R (6).
- &7&8 Step Lf behind Rf (&), Step Rf to R (7), Step Lf to L (&), Rf touch together (8).

REPEAT THE DANCE AND HAVE FUN!!

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