

I'm Grown

拍數: 64 牆數: 4 級數: Low Intermediate
編舞者: Kristiani Pangau (INA) - August 2020
音樂: Grown - Little Mix



Intro 32counts. Restart on wall 3 (dance up to counts 32 then restart facing 06.00).

Sec1: Out, out, hold, head up, head down, hold, cross, hold, back, hold

&12 Step R out, step L out weight on L, hold (Open R handpalm facing front)
&34 Head up, head down, hold
5678 Cross R over L, hold, step L back, hold

Sec2: Side, touch, hold, toe strut, toe strut, step, kick, hitch

&12 Step R to R side, touch L to L side, hold
34 Touch L toe to L, step L heel down
56 Cross R toe over L, step R heel down
78& Step L to L side, kick R to R side, hitch R

Sec3: Toe strut, toe strut, full turn, side

1234 Step R toe to R side, step R heel down, cross L toe over R, step L heel down
5678 ¼ turn L step R back, ¼ turn L step L to side, ½ turn L step R to R side, step L to L side

Sec4: Knee out, knee out, knees in, knees out, step, flick, step, flick, heels out, heels in

1234 Open R knee, open L knee, both knees in, both knees out
&5&6 Step L to L side, flick R behind L, step R to R side, flick L behind R
78 Both heels out, both heels in *** (Restart here on Wall 3)

Sec5: ¼ turn, brush, hitch, cross, ½ unwind with shoulders

1234 ¼ turn R step R fwd, brush L fwd, continuing hitch L, cross L over R
5678 Unwind ½ turn R w/ shimmying shoulders (keeping weight on L)

Sec6: Step, touch, step touch, ¼ turn weaves

1234 Step R back diagonal, touch L next to R, step L back diagonal, touch R next to L
5678 ¼ turn L step R to R side, step L behind R, step R to R side, cross L over R

Sec7: Side, kick, toe strut, jazzbox ¼ turn

1234 Step R to R side, kick L diagonal fwd, step L toe to L side, step L heel down
5678 Cross R over L, ¼ turn R step L back, step R to R side, cross L over R

Sec8: Side, kick, side, kick, twists

1234 Step R to R side, kick L diagonal fwd, step L to L side, kick R diagonal fwd
5678 Close R beside L twist R, L, R, L

Dance with your soul

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