

I Choose

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Marianne Langagne (FR) - 27 August 2020
音樂: I Choose - Alessia Cara



Intro : 24 Counts (Start on the lyrics)

Tag A : At the End of walls 2-5-7-8

Tag B : At the End of Walls 3-6

TAG A 9 Counts at the end of walls 2-5-7-8

1 – 6 Dance Counts 43 to 48 again
7-8-9 L Point to the L (7), Hold (8-9)

TAG B 3 Counts at the end of walls 3-6

1-2-3 L Point to the L (1), Hold (2-3)

DANCE 48 – 48 – Tag A – 48 – Tag B – 48 – 48 – Tag A – 48 – Tag B – 48 – Tag A – 48 – Tag A – Final 42

[1 – 6] ROLLING VINE TO THE LEFT*, CROSS, HOLD

1-2-3 LF ¼ Turn L, ½ Turn L-RF Back, ¼ Turn L-LF to the L (12.)
4-5-6 Cross RF over LF (4), Hold (5-6)

***Option : Vine to the Left**

[7 – 12] RETURN, SIDE, CROSS, SIDE, DRAG

1-2-3 Return on LF, RF to the R, Cross LF Over RF
4-5-6 Large Step to the R, Slide LF next to RF, L Plant next to RF (bent knee – Weight on RF)

[13 – 18] COASTER STEP WITH 3/8 TURN LEFT, RUN R-L-R

1-2-3 Pivot on RF around 7.30a.m-LF Back (1), Together (2), LF FWD (3) (7.30a.m)
4-5-6 Run R-L-R

[19 – 24] STEP SWEEP, STEP, L POINT TO THE LEFT WITH 1/8 TURN R

1-2-3 LF FWD (1), Sweep back to front RF (2), R Point FWD (3)
4-5-6 Ball R FWD, Pivot to the R on RF-L Point to the L, Hold (9a.m)

[25 – 30] SAILOR STEP, BEHIND SIDE CROSS

1-2-3 Cross LF behind RF, RF to the R, LF to the L
4-5-6 Cross RF behind LF, LF to the L, cross RF over LF

[31 – 36] SIDE ROCK ¼ TURN R., STEP FWD, STEP, L POINT TO THE LEFT, HOLD

1-2-3 LF to the L, ¼ Turn R-Return on RF, LF FWD (12.)
4-5-6 RF FWD, L Point to the L, Hold

[37 – 42] BACK, R POINT TO THE RIGHT, HOLD, TRAVELING PIVOT

1-2-3 LF Back, R Point to the R, Hold
4-5-6 RF FWD, ½ turn R-LF Back (6a.m), ½ Turn R-RF FWD (12.)

[43 – 48] CROSS, SIDE, BACK ON 1/8 TURN L, BACK, SIDE ON 3/8 TURN L, STEP

1-2-3 Cross LF over RF, RF to the R, LF Back (11.30)
4-5-6 RF Back, LF to the L (6a.m), RF FWD

FINAL : The dance ends facing 12. at count 42

ENJOY !!!

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Last Update - 30 Aug. 2020
