

I Choose

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Diana Liang (CN), Rob Fowler (ES) & I.C.E. (ES) - September 2020
音樂: I Choose - Alessia Cara : (3:37)



Intro: 24 counts - start on the word "All" (approx. 11 secs)

S1: Coaster Step, Step, ½ Turn, ¼ Turn

1,2,3 Step R back, step L next to R, step R fwd
4,5,6 Step L fwd, make ½ turn L stepping R back, make ¼ turn L stepping L to L side 3.00

S2: Twinkle, Step, Sweep ½ Turn

1,2,3 Cross R over L, step L to L side, step R in place
4,5,6 Step L fwd, make ½ turn L sweeping R fwd over 2 counts 1.30

S3: Rock Fwd, Recover, Side ½ Turn, Fwd ½ Turn, ½ Pivot Turn

1,2,3 Rock fwd on R, recover on L, make ½ turn R stepping R to R side 3.00
4,5,6 Make ½ turn R stepping L fwd, ½ pivot turn R over 2 counts 10.30

S4: Twinkle ¼ Turn, Step, ¾ Spiral

1,2,3 Cross L over R, make ¼ turn L stepping R to R side, step L in place 7.30
4,5,6 Step R fwd, ¾ spiral L over 2 counts (weight on R) 10.30

S5: Half Diamond Fallaway

1,2,3 Step L fwd, make ½ turn L stepping R to R side (9.00), make ½ turn L stepping L back 7.30
4,5,6 Step R back, make ½ turn L stepping L to L side (6.00), make ½ turn L stepping R fwd 4.30

S6: Step, Kick, Side ½ Turn, Drag

1,2,3 Step L fwd, kick R fwd over 2 counts 4.30
4,5,6 Make ½ turn R stepping R to R side (long step), drag L to R over 2 counts 6.00

S7: ¼ Turn, ¼ Turn, Step, Twinkle ½ Turn

1,2,3 Make ¼ turn L stepping L fwd, make ¼ turn L stepping R fwd, step L fwd 12.00
4,5,6 Step R across L, make ¼ turn R stepping L back, make ¼ turn R stepping R to R side 6.00

S8: Cross Rock, Recover, Side, Cross, Unwind

1,2,3 Rock L across R, recover on R, step L to L side
4,5,6 Cross R over L, full unwind L over 2 counts (weight on L) 6.00

Start Over

DANCE SEQUENCE: Wall 1, Wall 2, Tag 1, Wall 3, Tag 2, Wall 4, Wall 5, Tag 1, Wall 6, Tag 3, Wall 7, Wall 8, Wall 9 Counts 1-9, Ending

TAG 1: (9 Counts) End of Wall 2 facing 12.00 & end of Wall 5 facing 6.00

Coaster Step, Step, Point, Hold, Drag

1,2,3 Step R back, step L next to R, step R fwd
4,5,6 Step L fwd, point R to R side, hold
1,2,3 Drag R to L (weight on L)

TAG 2: (3 Counts) End of Wall 3 facing 6.00

Point, Drag

1,2,3 Point R to R side, drag R to L over 2 counts (weight on L)

TAG 3:

(48 Counts) End of Wall 6 facing 12.00 & step change

(1-6) Coaster Step, R Fwd, L Fwd, R Fwd

1,2,3 Step R back, step L next to R, step R fwd

4,5,6 Step L fwd, step R fwd, step L fwd

(7-48) Side Basic, ¼ Turn Walk, (x7) (finish facing 3.00)

1,2,3 Step R to R side, step L next to R, step R in place

4,5,6 Make ¼ turn L stepping L fwd, step R fwd, step L fwd

Step Change At the end of Tag 3, make ¼ turn L to face 12.00 as you start the dance again with the R coaster step

ENDING: Wall 9 (starts facing 12.00)

Dance Section 1 and counts 1-3 of Section 2, then add the following 3 counts to finish facing 12.00:

Step, ¼ Turn Sweep, Point

1,2,3 Step L fwd, make ¼ turn L sweeping R fwd, point R to R side

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