

I Understand

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: High Intermediate
編舞者: Maria Tao (USA) - November 2020
音樂: I Understand - Herman's Hermits : (Album: Herman's Hermits Original Hits)



Intro: 32 counts (No Tags; No Restarts)

[S1] 1/8 TURN L STEP FWD, CROSS, BACK, BACK, BACK, SAILOR STEP 1/4 TURN R, CROSS, BACK, BACK, BACK, SAILOR STEP 1/8 TURN R

1 1/8 turn L stepping R forward while sweeping L back to front [10:30]
2&a3 Cross L over R, step R back, step L back, step R back
4a5 Cross step L behind R, 1/4 turn R stepping R to R, step L forward while sweeping R back to front [1:30]
6&a7 Cross R over L, step L back, step R back, step L back
8a1 Cross step R behind L, 1/8 turn R stepping L to L, step R to R [3:00]

[S2] SWAY L, SWAY R, 1/4 TURN L FWD, 1/4 TURN L SIDE, SAILOR CROSS, RECOVER, SIDE, TOUCH, LUNGE, 1/4 TURN L, TOGETHER, 1/8 TURN L STEP FWD

2&a3 Sway L to L, sway R to R, 1/4 turn L stepping L forward, 1/4 turn L stepping R to R [9:00]
4a5 Cross step L behind, step R to R, cross rock L over R
6&a7 Recover onto R, step L to L, touch R beside L, lunge R to R
8a1 Recover onto L making 1/4 turn L stepping L forward, step R next to L, 1/8 turn L stepping L forward [4:30]

[S3] 3/8 TURN L RUN FWD, PRESS FWD, RECOVER, BACK, CROSS ROCK, RECOVER, BACK, CROSS, 1/4 TURN L & HITCH, 1/2 TURN L SHUFFLE FWD

2&a3 3/8 turn L run forward stepping R-L-R, press L forward [12:00]
4a5 Recover weight on R, step L back, cross rock R over L
6&a7 Recover onto L, step ball of R slightly back, cross L over R, 1/4 turn L stepping R back while hitching L knee slightly [9:00]
8a1 1/2 turn L shuffle forward stepping L-R-L [3:00]

[S4] JAZZ BOX 1/4 TURN R, FULL TURN L, CROSS ROCK, RECOVER, SIDE, CROSS ROCK, RECOVER, BACK

2&a3 Cross R over L, 1/4 turn R stepping L back, step R to R, step L forward [6:00]
4a5 1/2 turn L stepping R back, hitch L knee slightly, 1/2 turn L stepping L forward
6&a7 Cross rock R over L, recover onto L, step R to R, cross rock L over R
8a Recover onto R, step ball of L slightly back [6:00]

START AGAIN!

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