

What I Am!

拍數: 96 牆數: 2 級數: High Intermediate
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音樂: I Am What I Am (Ég Er Eins Og Ég Er) - Paul Oscar (Páll Óskar)



Choreographed for the linedance event "Lika värde" in Lerdala, Sweden

Intro: 16 counts intro from heavy beat (39 sec, 16c, 45 sec)

Sequence: Section 1-12, 1-12, 1-10, 5-12, 11-12, 1-8, ending

Section 1 [1-8] Weave 'Serpentin'

1-2 Step R forward, sweep L in front
3-4 Cross L over R, Step R to side
5-6 Step L behind R, Sweep R back
7-8 Step R behind L, Step L to side

Section 2 [9-16] Vine ¼ turn, Step ½ turn, Step ¼ turn, Forward

1-2-3 Step R to side, Step L behind, ¼ turn right step forward on R 3.00
4-5 Step L forward, ½ turn right weight on R 9.00
6-7 Step L forward, 1/4 turn right weight on R 12.00
8 Step L forward

Section 3 [17-24] Weave 'Serpentin' (=section 1)

1-2 Step R forward, sweep L in front
3-4 Cross L over R, Step R to side
5-6 Step L behind R, Sweep R back
7-8 Step R behind L, Step L to side

Section 4 [25-32] Vine ¼ turn, Step ½ turn, Step ¼ turn, Forward (=section 2)

1-2 Step R to side, Step L behind, ¼ turn right step forward on R 3.00
3-4 Step L forward, ½ turn right weight on R 9.00
5-6 Step L forward, 1/4 turn right weight on R 12.00
7-8 Step L forward

Section 5 [33-40] Cross, ½ turn, Forward L & R, Step ½ turn, Full turn

1-2 Cross R over L, ½ pivot left with weight on R (This Is Me) 6.00
3-4 Step L forward, Step R forward
5-6 Step L forward, ½ turn right weight on R 12.00
7-8 ½ turn right back on L, ½ turn right forward on R (easier option walk L,R forward)

Arm movements in section 5

(This is me): on count 1 Cross arms in front of body in waist height, on count 2 Spread arms out with palms up

Section 6 [41-48] Forward, ¼ turn, ¼ turn, ½ turn, NC basic

1-2 Step L forward, ¼ turn right with weight on L (You're welcome) 3.00
3-4 ¼ turn right forward on R, ½ turn right back on L 12.00
5-6 R to side, Drag L towards R
7-8 Rock L behind R, Recover on R

Arm movements in section 6

(You're welcome): on count 1-2 Reach left arm to side

Section 7 [49-56] NC basic, Start of half diamond

1-2 Step L to side, Drag R towards L

- 3-4 Rock R behind L, Recover on L
- 5-6 ¼ turn left step R to side, Hold 9.00
- 7-8 1/8 turn left step back L, R 7.30

Section 8 [57-64] Finish half diamond, Step 1/2 pivot, Coaster step

- 1-2 1/8 turn left step L to side, Hold 6.00
- 3-4 Forward R, L
- 5-6 Step R forward, pivot ½ turn left weight on R 12.00
- 7&8 Coaster step (L,R,L)

Section 9 [65-72] Extended shuffle diagonally, Step ½ turn x2

- 1&2& Small steps forward slightly on right diagonal R, L, R, L.
- 3&4 Small steps forward slightly on right diagonal R, L, R (I'm proud)
- 5-6 Step L forward, ½ turn right weight on R 6.00
- 7-8 Step L forward, ½ turn right weight on R 12.00

Arm movements in section 9

(I'm proud): On count 1-4 Slowly raise right arm forward and up with palm up

Section 10 [73-80] Vine, Cross, Rock, Recover, Cross, Touch

- 1-2 Step L to left side, Step R behind L
- 3-4 Step L to left side, Step R cross over
- 5-6 Rock L to side, recover on R
- 7-8 Cross L over, R touch R beside L

Section 11 [82-88] Box

- 1-2 Step R to side, Step L beside R
- 3-4 Step R forward, touch L beside R
- 5-6 Step L to side, Step R beside L
- 7-8 Step L back, Hold

Section 12 [89-96] Back, Together, Cross, ½ turn, Forward

- 1-2 Step R back, Step L beside R
- 3-4 Hold (Together)
- 5-6 Cross R over L, 1/2 turn left weight on R (This is me) 6.00
- 7-8 Forward on L, Hold

Arm movements in section 12

(Together): on count 1 Cross arms over chest, on count 2 raise them up and start circle to left with left arm and circle to right with right arm

on count 3-4 Finish circle and lower arms

(This is me): On count 5 cross arms in front of body in waist height, on count 6 spread arms out with palms up

Ending: Step R forward and raise both arms up and out and be proud of yourself
