

Who I Am

拍數: 32 牆數: 4 級數: Novice - Lilt Polka
編舞者: Marie-Theres Dorner (AUT) - August 2021
音樂: Shout Out to My Ex - Little Mix



Phrasing: Restart in wall 6 after 8 counts. Restart in wall 14 after 4 counts

Side Rock, Behind site cross, Side kick, together, side kick, rock step

1-2 RF step to the right, transfer weight to LF
3&4 RF cross behind LF, LF step to the left, RF cross over LF
5&6 LF kick to the left, LF step together, RF kick to the right
7-8 RF step fwd., weight transfer back on the LF

Kick fwd, back rock, step ½ turn, full turn, out- out, hold,

1&2 RF kick fast forward., RF step back, weight back on LF
3-4 RF step fwd., half turn over left shoulder, weight on LF
5-6 RF step back with a half turn over the left shoulder, LF step fwd. with a half turn over the left shoulder
&7-8 RF step to the right, LF step to the left, hold (Both hands go up in the air)

Step together, cross, hold, step ¼ turn, step back ½ turn, coaster step, step, cross behind, hitch

&1-2 RF step next to LF, LF cross over RF, hold (Hug yourself with Both arms)
3-4 RF step to the right with a ¼ turn, LF step back with a half turn over the right shoulder
5&6 RF step back, LF step together, RF step forward
7-8 LF step forward, RF cross behind LF and LF hitch

Triple step fwd., touch, together, heel, together, step fwd, hold, unwind full turn, step forward

1&2 LF step forward, RF step next to LF, LF step forward
3&4& RF touch next to LF, step together, Left heel touch fwd, step together
5-6 RF step fwd., hold and prep for a full turn
7-8 Full turn over the left shoulder, LF step forward when you finish the turn
