

I Will Follow Him

COPPERKNOB
CHOREOGRAPHY SHEETS

拍數: 128 牆數: 2 級數: Phrased Intermediate
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音樂: SISTER ACT (I Will Follow Him) - Countdown Orchestra



Sequence : AAA'(16) Tag BB'(48) CCC

[PART A] 40c

[1-8] Weave R, Sway L, R

1 2 RF Step R, LF Step behind
3 4 RF Step R, LF Cross Over
5 6 RF Step R and Sway R, Hold
7 8 LF Step L sway L, RF Step R sway R

[9-16] Weave L, Sway R, L

1 2 LF Step L, RF Step behind
3 4 LF Step L, RF Cross Over
5 6 LF Step L and Sway L, Hold
7 8 RF Step R sway R, LF Step L sway L

* A` : In Here (RF Step forward, Hold and pose)

[17-24] 1/2 Turn R Warking X 4, 1/2 Turn L

1 2 RF 1/8 Turn R Step forward, LF 1/8 Rurn R Step forward
3 4 RF 1/8 Turn R Step forward, LF 1/8 Rurn R Step forward (6:00)
5 6 RF Step forward, Hold
7 8 LF 1/2 Turn L Step forward(12:00), Hold

[25-32] Forward (R,L), Unwind Full Turn L

1 2 RF Step forward, LF Step forward
3 4 RF Cross over, Start Unwind Turn L
5 6 Unwind Full Turn L (durning two counts)
7 8 LF Step forward, Hold

[33-40] Forward × 2, Backward × 4

1 2 RF Step forward, Hold
3 4 LF Step forward, Hold
5 6 RF Step backward, LF Step backward
7 8 RF Step backward, LF Step backward

[PART B] 56c

[1-8] Side Shuffle, Rock & Recover (R, L)

1&2 RF Step R, LF Step together, RF Step R
3 4 LF Step backward, RF Recover
5&6 LF Step L, RF Step together, LF Step L
7 8 RF Step backward, LF Recover

[9-16] Diagonal Shuffle (F, B), Kick Ball Step

1&2 RF 1/8 Turn R Step forward(1:30), LF Step together, RF Step forward
3 4 LF Step forward, RF Recover
5&6 LF Step backward, RF Step together, LF Step backward
7&8 RF Kick back, RF ball place, LF Step forward

[17-24] Weave R, Side Shuffle, Rock

1234 RF 1/8 Turn L Step R(12:00), LF Step behind, RF Step R, LF Cross over
5&6 RF Step R, LF Step together, RF Step R
7 8 LF Step backward, RF Recover

[25-32] Weave L Side Shuffle, Rock

1234 LF Step L, RF Step behind, LF Step L, RF Cross over
5&6 LF Step L, RF Step together, LF Step L
7 8 RF Step backward, LF Recover

[33-40] Diagonal Step Kick (R, L), Backward x 4

1 2 RF Step diagonal forward, LF Kick R
3 4 LF Step diagonal forward, RF Kick L
5678 RF Step backward, LF Step backward, RF Step backward, RF Step together

[41-48] Jazzbox 1/4 Turn x2

1 2 RF Cross over, LF Step back
3 4 RF 1/4 Turn R step R, LF Step forward
5 6 RF Cross over, LF Step back
7 8 RF 1/4 Turn R step R, LF Step forward (6:00)

* B` : In Here

[49-56] Side Step Touch (R,L), Rolling Turn R

1234 RF Step R, LF Touch together, LF Step L, RF Touch together
5 6 RF 1/4 Turn R Step forward, LF 1/2 Turn R Step backward
7 8 RF 1/4 Turn R Step R, LF Step together

[PART C] 32c**[1-8] Heel, Heel, Toe, Toe, Heel, Point, Sailor Step**

1 2 RF Touch heel cross over, Twice
3 4 RF Touch toe diagonal back, Twice
5 6 RF Touch heel cross over, RF Touch toe R
7&8 RF Step behind. LF Step L. RF Step R

[9-16] Heel, Heel, Toe, Toe, Heel, Point, Sailor Step

1 2 LF Touch heel cross over, Twice
3 4 LF Touch toe diagonal back, Twice
5 6 LF Touch heel cross over, LF Touch toe R
7&8 LF Step behind. RF Step L. LF Step R

[17-24] Cross Samba, Cross Samba 1/4 Turn L, Rocking Chair

1&2 RF Cross over, LF Step L, RF Recover
3&4 LF Cross over, RF 1/4 Turn L Step R, LF Rcover
5 6 RF Step forward , LF recover
7 8 RF Step backward, LF recover

[25-32] Cross Samba, Cross Samba 1/4 Turn L, Jazz Box

1&2 RF Cross over, LF Step L, RF Recover
3&4 LF Cross over, RF 1/4 Turn L Step R, LF Rcover
5 6 RF Cross over, LF Step back
7 8 RF Step R, LF Step together

[Tag] Hold, Backward X4

1234 Hold
5678 LF Step backward, RF Step backward, LF Step backward, RF Touch together

