

I Found Myself

拍數: 32 牆數: 2 級數: Improver / Intermediate Polka
編舞者: Elijus Pranckevičius (LIT) - November 2022
音樂: This Bar - Morgan Wallen



Intro: 32 Counts from first beat in music

[1 – 8] Step ½ Turning 2x, Shuffle Step 2x, Step R backwards, Touch L, Step L

1 – 2 Step R forward turning ½ L (1), Step L forward turning ½ turn L (2) 12:00
3&4 Step R backwards (3), Step L next to R (&), Step R backwards (4) 12:00
5&6 Step L backwards (5), Step R next to L (&), Step L backwards (6) 12:00
7&8 Step R back (7), Touch L forward (&), Step L forward (8) 12:00

[9 – 16] Chaine Turn, Sweep Forward, Cross, Step backwards, Weave step, Rock Step R

1 – 2 ½ turn L stepping R next to L (1), ½ turn L stepping L forward with R sweep (2) 12:00
3&4 R cross L (3), L step back (&), turn ⅛ R stepping R backwards (4) 1:30
5&6 Turn ⅛ R stepping L behind R (5), Step R next to L (&), L cross R (6) 3:00
7 – 8 Rock R to R side (7), Recover on L (8) 3:00

[17 – 24] Weave Step, Rock Step L, Weave Step, Turn Right, Turn to 3:00

1&2 Step R back (1), Step L next to R (&), R cross L (2) 3:00
3 – 4 Rock L to L side (3), Recover on R (4) 3:00
5&6 Step L back (5), Step R next to L (&), L cross R (6) 3:00
7 – 8 Turn ¼ R stepping R forward (7) Turn ¾ stepping L next to R (8) 3:00

[25 – 32] Step to R (Big Step), Hold, Coaster Step, ½ Step Turn L, ¼ Step Turn L

1 – 2 Big step to R (1), Hold & collect L next to R (2) 3:00
3&4 Step L back (3), Step R next to L (&), Step L forward (4) 3:00
5 – 6 Step R forward (5), Turn ½ L stepping L forward (6) 9:00
7 – 8 Step R forward (7), Turn ¼ L stepping L to L side (8) 6:00

Last Update 19 Aug. 2023 - R2