

I Save The Day

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Lars Kuif (NL) - June 2023
音樂: I Save the Day - Roberto Jacketti & The Scooters



Info : Starts after 24 counts

[1 – 8] Shuffle R+L Fwd. (With Hand Movemenst), Jazz Box (With Hand Waves)

1&2 Step R fwd. (1), step L next to R (&), step R fwd. (2) (circle hand like a washing machine)
3&4 Step L fwd. (3), step R next to L (&), step L fwd. (4) (circle hand like a washing machine)
5,6,7,8 Step R across L (wave hands L) (5), step L back (wave hands R) (6), step R to side (wave hands L) (7), step L across R (wave hands R) (8) [12.00]

[9 – 16] Jazz Box Into ½ Turn R (With Hand Movements), Run R-L-R- Into ½ Turn R

1,2,3,4 Step R across L (1), step L into ¼ turn R back (2), step R to side (3), step L into ¼ turn R fwd. (4) [06.00]

Note: wave hand L-R-L-R on count 1-2-3-4

5,6,7,8 Walk R-L-R-L into ½ turn R [12.00]

[17 – 24] Syncopated Side Rocks, L Lock Step Back, Rock R Back

1,2& Rock R to side (1), recover to LF (2), step R next to L (&)
3,4 Rock L to side (3), recover to R (4)
5&6 Step L back (5), step R across L (&), step L back (6)
7,8 Rock R back (7), recover to L (8) [12.00]

[25 – 32] ½ Shuffle Turn L, Rock L Back, ¼ Paddle Turn With Hip Bumps L+R, Side (With Hip Bump), Flick R

1&2 ¼ turn L stepping R to side (1), step L next to R (&), ¼ turn L stepping R back (2) [06.00]
3,4 Rock L back (3), recover to LF (4)
5,6 1/8 turn R tapping L toe to side and hip bump L (5), recover to RF and hip bump R (6)
7,8 1/8 turn R stepping L to side and hip bump L (7), flick R behind L (8) [09.00]

Questions: larskuifinedance@gmail.com