

I Am Who I Am (aka Nå Koser Vi Oss)

COPPERKNOB
BY STEPHEN

拍數: 32 牆數: 2 級數: High Beginner
編舞者: Ellen Fyrand (NOR) - February 2024
音樂: Jeg Får Være Som Jeg Er - Matoma, Beethoven & Hver gang vi møtes



Also danced to Alternative music: Nå Koser Vi Oss by TIX. With 1 Restart after 16 C on W 3

**2 Tags and 2 Restarts

Seq: W1: 32 C - TAG - W2: 16 C - W3: 32 C - W4: 32 C - TAG - W5: 16 C - W6: 32 C

Sec 1: R Shuffle, L Shuffle, Back, Touch x4

1&2 on R Diag Step FW on R Foot (1), Step L Foot beside (&), Step FW on R Foot (2) [1:30]
3&4 on L Diag Step FW on L Foot (3), Step R Foot beside (&), Step FW on L Foot (4) [10:30]
5&6& on R Diag Step Back on R Foot (5), Touch L Foot beside (&), on L Diag Step Back on L Foot (6) Touch R Foot beside (&)
7&8 on R Diag Step Back on R Foot (7), Touch L Foot beside (&), on L Diag Step Back on L Foot (8)

Sec 2: R Chassé, 1/2 Turn L, L Chassé, 1/2 Turn L, R Chassé, L Sailor Step

1&2& Step R Foot to Side (1), Step L Foot Beside (&), Step R Foot to Side (2), 1/2 Turn L (&) [6:00]
3&4& Step L Foot to Side (3), Step R Foot Beside (&), Step L Foot to Side (4), 1/2 Turn L (&) [12:00]
5&6 Step R Foot to Side (5), Step L Foot Beside (&), Step R Foot to Side (6)
7&8 Cross L Foot Behind (7), Step R Foot to Side (&), Step L Foot to Side (8)

*Restart here on Wall 2 and 5, facing 6:00

Sec 3: Cross Samba R-L-R, Pivot 1/4 Turn R

1&2 *Cross R Foot in Front (1), Step L Foot to Side (&), Step R Foot to Side (2)
3&4 *Cross L Foot in Front (3), Step R Foot to Side (&), Step L Foot to Side (4)
5&6 *Cross R Foot in Front (5), Step L Foot to Side (&), Step R Foot to Side (6)
7-8 Step FW on L Foot (7), 1/4 Turn R Step R Foot to Side (8) [3:00]

* move slightly FW while doing the Cross Samba

Sec 4: Cross Samba L-R-L, Cross, 1/4 Turn R

1&2 *Cross L Foot in Front (1), Step R Foot to Side (&), Step L Foot to Side (2)
3&4 *Cross R Foot in Front (3), Step L Foot to Side (&), Step R foot to Side (4)
5&6 *Cross L Foot in Front (5), Step R Foot to Side (&), Step L Foot to Side (6)
7-8 Cross R Foot in Front (7), 1/4 Turn R and Step Back on L Foot (8) [6:00]

* move slightly FW while doing the Cross Samba

Tag: after Wall 1 and 4: Do Steps 1&2-3&4 of Sec 1 (Shuffle R-L) facing 6:00

Restart: After 16 Counts on Wall 2 and 5 (after the Tag) facing 6:00

Notice: it looks like it's difficult to find the music, I found it on Youtube and Spotify, if you don't have the norwegian letters, you kan type: jeg far vare som jeg er

Last Update: 22 Feb 2025