

So Excited

拍數: 32 牆數: 4 級數: Beginner
編舞者: Peggy Robinson (USA) - May 2024
音樂: I'm So Excited - The Pointer Sisters



INTRO: 32 counts (dance the slower beat) NO TAGS; NO RESTARTS

S1 (1-8) RIGHT TO RIGHT SIDE, STEP LEFT TOGETHER, RIGHT SIDE MAMBO; LEFT TO LEFT SIDE, STEP RIGHT TOGETHER, LEFT MAMBO

1, 2 Right To Right Side (1), Left Step Together (2)
3&4 (Right Mambo) Right Rock To Side (3), Left Recover (&), Right Step Together (4)
5, 6 Left To Left Side (5), Right Step Together (6)
7&8 (Left Mambo) Left Rock To Side (7), Right Recover (&), Left Step Together (8)

S2 (9-16) RIGHT LOCK STEP, HOLD; LEFT LOCK STEP, HOLD; BACK RIGHT, LEFT, RIGHT, LEFT WITH TOE FANS OUT

1&2 Right Diagonal Step Fwd (1), Left Together (&), Right Diagonal Step Fwd (2)
3&4 Left Diagonal Step Fwd (3), Right Together (&), Left Diagonal Step Fwd (4)
5-8 Right Step Bk With Toe Fan (5), Left Step Bk With Toe Fan (6), Right Step BK With Toe Fan (7), Left Step Bk With Toe Fan (8)

S3 (17-24) RIGHT SIDE ROCK, LEFT RECOVER; RIGHT BACK ROCK, LEFT RECOVER, RIGHT SCISSOR STEP; LEFT SIDE ROCK, RIGHT RECOVER, LEFT BACK ROCK, RIGHT RECOVER, LEFT SCISSOR STEP

1&2& Right Side Rock (1), Left Recover (&), Right Back Rock (2), Left Recover (&)
3&4 (Scissor Step) Right Step Side (3), Left Together (&), Right Cross Left Over Right (4)
5&6& Left Side Rock (5), Right Recover (&), Left Back Rock (6), Right Recover (&)
7&8 (Scissor Step) Left Step Side (7), Right Together (&), Left Cross Right Over Left (8)

S4 (25-32) RIGHT AND LEFT TOE STRUTS WITH HIP BUMPS; 1/4 RIGHT TURN JAZZ BOX CROSS

1&2 Right Toe Down As You Right Hip Bump (1), Bump Hip Left (&), Right Heel Down As You Right Hip Bump (2) (weight on Right)
3&4 Left Toe Down As You Left Hip Bump (3), Bump Hip Right (&), Left Heel Down As You Left Hip Bump (4) (weight on Left)
5-8 (Jazz Box 1/4 Right Turn) Right Cross Left (5), Left Step Back (6), Right 1/4 Turn Step (7), Left Cross Right (8) (3:00)

(Option: Toe Struts without hip bumps count 1, 2 3, 4)

*****On wall 2 (3:00) and wall 7 (6:00) Leave out Section 3 (go directly from fan steps back to toe struts)**

ENJOY THE DANCE !!!