

God Bless The USA

拍數: 16 牆數: 4 級數: Low Improver
編舞者: Jennifer Harris (USA) - June 2024
音樂: God Bless the U.S.A. - Lee Greenwood



Intro: 16 counts - Dance begins on lyrics

***3 Restarts and 3 Subs (Substitutions) – see details below and on page 2

(Don't let the Restarts and Subs discourage you.
They are easy to do and easy to hear in the music!)

[1-8] Basic NC2 - R and L, ½ Pivot L, R Shuffle forward
(Subs - Substitution at the beginning on Walls 5, 11 and 14)

1-2-& Large step Right to right side (1), slide Left foot in and step on Left foot slightly behind Right (2), Step Right across Left (&)

3-4-& Large step Left to left side (3), slide Right foot in and step on Right foot slightly behind Left (4), Step Left across Right (&)

(Restart on Walls 3 and 9)

5-6 Step Right forward (5), Pivot ½ Turn Left with weight on left foot (6) [6:00]

7-&-8 Step Right forward (7), Step Left together (&), Step Right forward (8)

(Restart 8-& on Wall 12)

[9-16] Wizard Steps - L and R, L Rock Forward, Recover Back R, Step Back L, ¼ Turn R, Cross L over R

1-2-& Step Left forward on diagonal left (1), Lock Right behind left (2), Step Left forward(&)

3-4-& Step Right forward on diagonal right (3), Lock Left behind right (4), Step Right forward (&)

5-6 Rock Left forward (5), Recover back on Right (6)

7-&-8 Step Left back (7), Step Right to right side making a ¼ Turn right (&), Step Left across right (8) [9:00]

Note: NC2 = NightClub Two Step basic dance pattern

This dance is dedicated to my husband Bill and my Dad, both Army Veterans.

RESTARTS:

Restart every time he starts singing "I'm proud to be an American"

1 – Restart on Wall 3 after Count (4-&) – NC2 (Do NC2 sets twice) [6:00]

2 – Restart on Wall 9 after Count (4-&) – NC2 (Do NC2 sets twice) [3:00]

3 – Restart on Wall 12 after Count (8) – R Shuffle + Add Count (&) (see below) [3:00]

On Restart # 3, you will need to Add an extra Step Left (on the ball of the left foot) next to the right foot (&) so you can Restart with the NC2 to the Right

SUBS (Substitutions):

Substitute the following every time he starts singing "Stand up next to you"

Substitute / replace the first 4 counts (NC2) with Step Right (1), Touch Left (2), Step Left (3), Touch Right (4)

1 – Sub starting on Wall 5 [3:00]

2 – Sub starting on Wall 11 [12:00]

3 – Sub starting on Wall 14 + Add Hold between Counts (2) and (3) (see below) [12:00]

On Sub # 3, the singer and music pauses after Count (2). Keep your feet still and both arms straight up overhead until you hear the Cymbal sound and he starts singing "Next to you", then do Counts (3) and (4) of the Sub

SUB STYLING:

[when he sings "Stand (1) Up (2)"]

Count (1) – take long step to right, bending knees slightly so you can dip down then "stand up" for Count 2

Count (2) – while touching your left toe, put both arms straight up overhead with hands open and palms facing

forward

[when he sings "Next (3) to you (4)"]

Count (3) – while stepping left, lower left arm to the left at shoulder height keeping the arm straight, at the same time bend your right elbow so your right hand is also pointing to the left

Count (4) – while touching your right toe, look left and point both index fingers toward the person on your left

ENDING: The dance ends at Count (4-&) on the Left foot after the Left NC2 facing [9:00].

ADD Step to the Right on the Right foot (5), Touch the Left Toe behind the right foot (6) and slowly turn $\frac{3}{4}$ over the Left shoulder (7-8) to [12:00] wall and strike a pose.

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