

I Was Born This Way

拍數: 32 牆數: 4 級數: Easy Improver
編舞者: Bob Francis (UK) - September 2024
音樂: Born This Way by Born This Way [single]
或: Born This Way - Lady Gaga



SEC-1 WALK FORWARD R, L, TOUCH, HEEL SWIVEL'S BACK SWEEPS R, L. BACK LOCKSTEP.

1-2 Walk forward R, Walk forward L.
3&4 Touch R toe next to L, Swivel both heels to R, Swivel both heels back to centre.
5-6 Sweep R back take weight Sweel L back take weight.,
7&8 Step back on R, Cross L over R, Step back on R.

SEC-2 STEP BACK, DRAG, ROCK RECOVER, KICKBALL STEP, HALF PIVOT.

1-2 big step back on L, Drag R back to L.
3-4 Rock back on R, Recover forward on L.
5&6 Kick R forward, Step R next to L, Step forward on L.
7-8 Step forward on R pivot ½ turn L, Step forward on L.6-00 [restart walls 7 & 11]

SEC-3 CROSS ROCK SIDE SHUFFLE, CROSS ROCK, SIDE SHUFFLE.

1-2 Cross rock R over L, Recover on L.
3&4 Step R to R side, Step L next to R, Step R to R side.
5-6 Cross Rock L over R, Recover on R.
7&8 Step L to L side, Step R next to L, Step L to L side.

SEC-4 QUARTER JAZZ BOX, PIVOT HALF X TWO.

1-2 Cross R over L, Step back on L.
3-4 Step R to R side making ¼ turn L, Step forward on L.
5-6 Step forward on R Pivot ½ turn L, Step forward on L.
7-8 Step forward on R pivot ½ turn L, Step forward on L. 9-00

Non turning option last 4 counts in sec-4 v step of rocking chair.

End of dance

Restarts on wall 7 & 11 dance to count 16 start from beginning.

*1st Restart facing 12-00 -

**2nd Restart facing 9-00

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Last Update - 15 Sep. 2024 - R1