He's Wonderful



拍數: 62 牆數: 4 級數: Improver

編舞者: Raymonda Rizer (USA) - December 2024 音樂: Wonderful (Radio Edit) - Aretha Franklin



I think soul line dances are usually learned by watching people dance it and memorizing the steps and how they fit the music. This dance, fortunately, also lends itself to being counted and written into a step sheet. Bounce with the music, relax and enjoy! Aretha's lyrics are shown in italics and matched with the music below. The counts are based on the rhythm of the music. Pay attention to which patterns go with which melodies/lyrics in the song, makes it easier and more enjoyable to dance.

When piano music starts count in 5 6 7 8 to start the dance.

PART 1: 16 COUNTS

Feels like I've seen vou before

Maybe in a past life, you were mine and I was yours

WALKS TO RIGHT AND LEFT AT 12:00

1 2 3 4 Starting at 12:00 walk/step to the right on right, left, right, left (quick pause to change weight)

5 6 7 8 Walk to left on left, right, left, right

WALKS BACK END WITH LEFT QUARTER TURN

1 2 3 4 Walk back right, left, right, left, right facing 12:00

Tap right foot out to the right, then to the back in tap out with the left and do a quarter turn

(tap turn) to the left so it's right left left right to face 9:00

'Cause the vibe we share feels so comfortable Is it possible someone could make me lose control

REPEAT PART 1 ABOVE FROM 9:00 TO 6:00

Look what you've done to me (Mmm)

Finding it hard to breathe

REPEAT PART 1 ABOVE FROM 6:00 TO 3:00

'Cause I just can't believe

You're feeling me like I'm feeling you

REPEAT PART 1 ABOVE FROM 3:00 TO 12:00

PART 2: 32 COUNTS

I had to pinch myself (Oh)

'Cause nobody else has (Yeah-, yeah-)

Given me such a chill

And made me feel the way that you do KICKS, CROSS AND CROSS AT 12:00

1 2 Kick left foot out for 1, step on left for 2

3& Step on/Cross right foot over left going to your left, step left foot behind a little for &

4 Cross right over left stepping on right for 4

DO STEPS 1-4 IN OPPOSITE DIRECTION:

5 6 Kick right foot out for 5, step on right for 6

7& Step on/Cross left foot over right going to your right, step right foot behind a little for &

8 Cross left over right stepping on left for 8

I just gotta let you know

In case you didn't know I-I-I-I-I think you're wonderful

ROCK PUSH, RUNS, BACK WALKS "I-, I-, I-" RIGHT FOOT START

1&2&3 Rock/push on the right foot to side for 1 then recover on left 2&3 Three quick steps; run, run, run for 2&3 on right, left, right

Two more quick steps: run, run on left, rightPush forward on left to begin walking back

6 7 8 Back walks right, left, right

There's this thing you do to me That thing that makes me weak Baby, I-I-I-I think you're wonderful

REPEAT FROM PART 1 STEPS 1-8 WALKS TO RIGHT AND LEFT STILL AT 12:00:

Questioning what this is If it's too good to be true

BACK WALKS, BIG FORWARD STEP IN PLACE

1 2 3 Facing 12:00 Back walks right, left, right

& Quick big step forward on left
4& Step in place right, left
5 6 7 Back walks left, right, left
& Quick big step forward on right

8& Step in place left, right

I don't wanna fool myself 'Cause I'm fallin' hard for you

THREE QUARTERS TO LEFT WALKING CIRCLE

9 10 11 12 Starting at 12:00 Walk in turning circle to left 3/4 of way around 9 10 11 12 13 14 15 16

13 14 15 16 End facing 9:00

Givin' me that old school love Sayin' I'm the only one Showin' me in so many ways That you're crazy for me

REPEAT STEPS 9-16 ABOVE STARTING AT 9:00 TO END AT 6:00

Look what you've done to me (Oh, baby)

Finding it hard to breathe 'Cause I just can't believe

You're feeling me like I'm feeling you

REPEAT PART 1 FROM WALL 6:00 TO 3:00

I had to pinch myself (Ow)
'Cause nobody else has
Given me such a chill
And made me feel the way that you do, baby

REPEAT PART 1 FROM WALL 3:00 TO 12:00

PART 3: 14 COUNTS CHICAGO STEPPING (MINI JAZZ BOXES) FOUR TIMES

FIRST TIME

I'd go anywhere Far away from here

FROM 12 TO 9 THESE ARE THE CHICAGO STEPPING (MINI JAZZ BOX) STEPS

1&2 Starting at 12:00 Cross right over left, back on left, step on right (mini jazz box)

3&4 Cross left over right, back on right, step on left

5 Step on right

6 Step on left, end with quarter turn to right to face 9:00

SECOND TIME It would be okay

As long as you are there

FROM 9 TO 6 REPEAT STEPS 1 THRU 6 ABOVE

THIRD TIME

You take away my pain And I'll never be the same

FROM 6 TO 3 REPEAT STEPS 1 THRU 6 ABOVE

FOURTH TIME

You've got my heart, baby And I just want to say, baby

FROM 3 TO 12 REPEAT STEPS 1 THRU 6 ABOVE

TWO MINI JAZZ BOXES, BACK WALKS

1&2 Starting at 12:00 Cross right over left, back on left, step on right (mini jazz box)

3&4 Cross left over right, back on right, step on left

5 6 7 8 Walk back 5 6 7 8 on right, left, right, left

I just gotta let you know (Sweet thing, yeah-, yeah-)

In case you didn't know (Woo)

I-I-I (I-I) I-I-I (I-I-I think you're wonderful, baby)

Think you're wonderful

REPEAT PART 2 WITHOUT WALKING CIRCLES

There's this thing you do to me (This thing you do to me baby)

That thing that makes me weak

Baby, I-I-I-I think you're wonderful (I-I think you're wonderful, yeah-)

REPEAT PART 2 WITHOUT WALKING CIRCLES

I just gotta let you know (Ooh, baby)

In case you didn't know (In case you didn't know)

I-I-I-I-I think you're wonderful

REPEAT PART 2 WITHOUT WALKING CIRCLES

There's this thing you do to me That thing that makes me weak Baby, I-I-I think you're wonderful

REPEAT PART 2 WITHOUT WALKING CIRCLES

Depending on version of the song the DJ has selected to play, you may also keep repeating above patterns that match the words being sung/melody.

SCATTING MUSIC AT END

REPEAT PART 3

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