

I Am Scared

拍數: 64 牆數: 1 級數: Phrased High Beginner
編舞者: Foo Sally (MY) - January 2025
音樂: Anxious (feat. Mad Clown) - Melody Day



Intro : 12 counts .(0.13 sec) Begin dance at vocal....

Dance sequence A, B, A, A,TAG , Restart A, A,B,A, A, A END.

A: 32c

A Sec 1: DIAGONALLY STEP RF FORWARD, LF TOUCH NEXT TO RF , CHEST PUMP X2 ,LF STEP TO LEFT, RF TOUCH BESIDE LF, CHEST PUMP X2

1-2 Step RF diagonally to right, LF touch beside RF.
3&4 Chest lift up twice
5-6 LF step diagonally to left, RF touch beside LF
7&8 Chest lift up twice

A Sec 2: RF KICK AND STEP TO RIGHT, LF STEP BESIDE RF, LF STEP BACK TO LEFT, RF STEP NEXT TO LF, RF STEP TO RIGHT, LF BESIDE RF.

LF STEP BACK TO LEFT, RF STEP BESIDE LF.

& 1,2 Kick RF out to side . Step RF to thr right, step LF beside RF
3 , 4 Step LF back diagonally to Left, Step RF next to LF
5, 6 Step RF diagonally back to right, LF step beside RF
7 , 8 Step LF back diagonally Left, Step RF next to LF

A Sec 3: RF, LF WALK FORWARD , RF STEP FORWARD ,PIVOT ½ TURN L, RF STEP FORWARD IN FRONT OF LF, LF STEP FORWARD, PIVOT ½ TURN R WITH BOUNCE

1- 4 RF , LF walk forward, RF step forward , pivot ½ turn L.
5 - 6 RF rock forward ,LF step forward ,
7 & 8 pivot ½ turn R with bounce,

A Sec 4: SWEEP LF TO FRONT AND TOUCH IN FRONT OF RF. LF TOUCH TO LEFT, LF STEP BEHIND ,COASTER CROSS, WEAVE TO RIGHT, DRAG LF TO LEFT RF STEP NEXT TO LF

1 – 2 Sweep LF forward to front and touch , LF touch to left side
3 & 4 LF step to back , RF step next to LF, LF cross in front of RF.
5&6& RF step beside LF, LF step behind RF, RF step beside LF, LF cross over RF
7 - 8 Drag LF to Left, RF step next to LF

THERE IS A TAG AFTER DANCING THE 3RD A.(Please refer to the dance sequence)

TAG 4 counts 1,2,3 & 4 , KNEE POP R,L, KNEE POP R,L,R.

1- 2 Knee pop R, knee pop L
3 & 4 Knee pop R, L R.

SECTION B: 32c

B SEC 1: RIGHT KICK BALL CHANGE, LEFT KICK BALL CHANGE ,RF CROSS OVER LF, RECOVER, LF CROSS OVER RF, RECOVER,

1 & 2 RF kick forward, recover, LF touch beside RF
3 & 4 LF kick forward, recover, RF touch beside LF
5 - 6 RF cross over LF and step , recover,
7 - 8 LF cross over RF and step , recover

B SEC 2 RF SAILOR, RECOVER, LF SAILOR, RECOVER (RF AND LF SKATE) X2 ,(12.00)

1-2,3-4 RF sailor, recover, LF sailor recover

5 - 8 RF slide out to right. LF step beside RF and slide out to left, RF step beside LF and slide out to right, LF step beside RF and slide to left

B SEC 3 [16c] ¼ TURN R, (RF, LF SKATE) X 2 (3.00) ¼ TURN R,SKATE TWICE(6.00) ¼ TURN R, SKATE TWICE (9.00) ¼ TURN R SKATE TWICE(12.00)

1 - 4 ¼ turn R, RF slide out to right. LF step beside RF and slide out to left, RF step beside LF and slide out to right, LF step beside RF and slide to left (3.00)

5 - 8 ¼ turn R, RF step beside LF and slide out to right, LF step beside RF and slide to left (6.00)

1 - 4 ¼ turn R, RF slide out to right. LF step beside RF and slide out to left, RF step beside LF and slide out to right, LF step beside RF and slide to left (9.00)

5 - 8 ¼ turn R, RF step beside LF and slide out to right, LF step beside RF and slide to left (12.00)

END OF B

End dance after 32count A and Pose.

Happy dancing.

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