

I'll Be The One

拍數: 84 牆數: 4 級數: Intermediate
編舞者: Irene Williams (AUS) & Amy Williams (AUS)
音樂: Fast As You - Dwight Yoakam



This dance took out 2nd place at the 7th Annual Choreographer's Championships & Awards at Tamworth on the 23rd of January 2002

CROSS, STEP, CROSS, STEP, CROSS SHUFFLE, ROCK, ROCK

1-8 Cross left over right, step right to side, cross left over right, step right to side, cross left shuffle over right, rock right to side, rock onto left

Option with hats: on cross steps lift hat above head, back to center of body, out in front, back to center of body, on cross shuffle put hat back onto head

CROSS, STEP, CROSS, STEP, CROSS SHUFFLE, ROCK, ROCK

1-8 Cross right over left, step left to side, cross right over left, step left to side, cross right shuffle over left, rock left to side, rock onto right

Option with arms: on cross-overs: move arms across body in a digging motion on step-overs, head facing direction of digging. On cross shuffle: quick 1&2 movement of digging

ROCK FORWARD, ROCK BACK, ½ TURNING SHUFFLE (REPEAT)

1-2-3&4 Rock forward on left, rock back on right, ½ turning shuffle left
5-6-7&8 Rock forward on right, rock back on left, ½ turning shuffle right

PIVOT ½ TURN, PIVOT ½ TURN

1-4 Step forward on left, ½ turn to right, step forward on left, ½ turn to right

ROCK FORWARD, BACK, FULL TURN, (REPEAT OPPOSITE DIRECTION)

1-2-3&4 Rock forward on left, back on right, turning full turn left (left-right-left)
5-6-7&8 Rock forward on right, back on left, turning full turn right (right-left-right)

¼ PADDLE, ¼ PADDLE, CROSS SHUFFLE, ROCK, ROCK (REPEAT)

1-2-3-4 Cross step left & paddle ¼, cross step left & paddle ¼, cross shuffle, rock, rock
5&6-7-8 Cross step right & paddle ¼, cross step right & paddle ¼, cross shuffle, rock, rock

Option: on paddles and second rock, clap

ROCK FORWARD, BACK, FULL TURN, ROCK FORWARD, BACK, ¾ TURN

1-2-3&4 Rock forward on left, rock back on right, full turn to left, (left-right-left)
5-6-7&8 Rock forward on right, rock back on left, ¾ turn to right, (right-left-right)

HIPS FORWARD, BACK, 45 DEGREES SHUFFLE, (REPEAT)

1-2-3&4 Left hips forward & back, shuffle in a 45 degrees direction
5-6-7&8 Right hips forward & back, shuffle in a 45 degrees direction

Option with arms: arms moving in a ½ circle movement to the right forward then ½ circle to the left back, moving at same time as hips also at same time, fingers pointed in hip direction & head looking in a forward then back direction (all one action)

ROCK FORWARD, BACK, BACK SHUFFLE, (REPEAT)

1-2-3&4 Rock forward left, back on right, back shuffle left
5-6-7&8 Rock forward right, back on left, back shuffle right (careful not to shuffle forward)

KICK, KICK, COASTER STEPS (REPEAT)

1-2-3&4 Left kick, kick, moving backwards as you back coaster step left

5-6-7&8 Right kick, kick, moving backwards as you back coaster step right

HIPS FORWARD, BACK, 45 DEGREES SHUFFLE (REPEAT)

1-2-3&4 Left hips forward & back, shuffle in a 45 degrees direction

5-6-7&8 Right hips forward & back, shuffle in a 45 degrees direction

Options with arms: arms moving in a ½ circle movement to the right forward, then ½ circle to the left back, moving at same time as hips, also at the same time fingers pointed in hip direction & head looking in a forward then back direction (all one action)

REPEAT

FINISH

To finish dance with both facing front, dance to the first lot of full turns (dancers that are facing the back wall only do first full turn on second only do a half turn will bring you to the front with other dancers)
