

I Have To Dance

拍數: 0 牆數: 0 級數:
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音樂: I Have to Dance - Brødrene Olsen



Sequence: Brief intro, AA, Bridge 1, BB, Bridge 2, AA, Bridge 1, BBB, Bridge 2, BB, POSE
There is no country equivalent for the music. Sorry.

SECTION A

ROCK STEP, COASTER STEP, ROCK STEP TURNING ¼ LEFT, COASTER STEP

- 1-2 Rock step right forward, step left in place
3&4 Step right back, step left next to right, step right forward
5-6 Rock left forward & turn ¼ left, step right in place as you finish the ¼ turn left
7&8 Step left back, step right next to left, step left forward

SIDE ROCK, SYNCOPATED WEAVE, STEP SIDE & MOVE HIPS LEFT & RIGHT, TURN ¼ RIGHT, TOUCH TOGETHER AS YOU RAISE ARMS & SNAP FINGERS

- 1-2 Rock right to right side, step left in place
3&4 Cross step right behind left, step left to left side, step right forward & across left
5-6 Step left to left side & push left hip to left, shift weight to right foot & push hip to right
7 Shift weight to left foot & turn ¼ right (hip will sit back over left foot)
8 Touch right toe next to left foot while raising both arms (shoulder level) & snap fingers

TRAVELING PIVOT FORWARD 360, SHUFFLE IN PLACE WHILE TURNING ½ RIGHT

- 1-2 Step right forward while turning ½ right, step left back turning ½ right (total is a full turn)
3&4 Right shuffle in place while turning ½ right (right, left, right) - in other words "spin" while taking 3 tiny little steps going nowhere - actually it looks better if you blend counts 123&4 together

TOUCH SIDE, CROSS, TOUCH SIDE, CROSS

- 5-6 Touch left toe to left side, cross step left over right
7-8 Touch right toe to right side, cross step right over left

RONDE' TURN ¼ RIGHT, TOUCH TOGETHER, CHA-CHA TO LEFT SIDE

- 1-2 Turn ¼ right on right foot while circling left toe from back to side on count 1 (sweep), touch left toe next to right on count 2
3&4 Step left to left side, step right next to left, step left to left side (cha-cha-cha)

RIGHT CROSS OVER BREAK (ROCK STEP), ½ TURN RIGHT, STEP SIDE

- 5-6 Cross rock right over left, step left in place
7-8 Turn ½ right as you step right forward, step left to left side

For those of you who are very precise in your technique, the cross over break will be on a diagonal, therefore the total amount of turn after the cross rock will be 3/8

BRIDGE 1

- 1-2-3-4 With feet slightly apart, tap right heel 4 times while circling right arm under and over in a sweeping arm gesture. Keep weight on the left foot

SECTION B

ROCK, CROSS, SIDE, BEHIND, ROCK, CROSS, SIDE, BEHIND, ROCK SIDE, STEP IN PLACE

- &1 Rock back with ball of right foot, cross step left over right
2-3 Step right to right side, cross step left behind right
&4 Rock back with ball of right foot, cross step left over right
5-6 Step right to right side, cross step left behind right

7-8 Rock right to right side, step left in place (recover)

RIGHT SAILOR SHUFFLE, LEFT SAILOR SHUFFLE TURNING ¼ LEFT

1&2 Cross right behind left, step left to left side, step right in place

3&4 Cross left behind right & turn ¼ left, step right in place, step left in place

STEP FORWARD, TOGETHER, FORWARD TOGETHER (USE 3RD FOOT POSITION)

5-6-7-8 Step right forward, step left up next to right (3rd), step right forward, step left up next to right (3rd)

KICK, KICK, SAILOR SHUFFLE, KICK, KICK, SAILOR SHUFFLE

1-2 Kick right foot forward & across left, kick right to right side

3&4 Cross right behind left, step left to left side, step right in place

5-6 Kick left foot forward & across right, kick left to left side

7&8 Cross left behind right, step right to right side, step left in place

CROSS OVER ROCK, STEP IN PLACE (RECOVER), RIGHT SHUFFLE TURNING ¾ RIGHT

1-2 Cross rock right over left, step left in place

3&4 Turn ¾ right as you do a right shuffle (right, left, right)

WALK FORWARD, FORWARD, FORWARD, KICK FORWARD

5-6-7-8 Step left forward, step right forward, step left forward, kick right forward

BRIDGE 2

JAZZ JUMP BACK, HIP, HIP, HIP, ½ TURN LEFT, ¼ TURN LEFT, THEN REPEAT

&1 Step right diagonally back, step left diagonally back. (this is similar to the step "out, out" but you will move back slightly making sure hip is to the right with weight more on right foot.)

2-3-4 Push left hip to left, push right hip to right, push left hip to left

5-6 Step right forward & turn ½ left, step left in place

7-8 Step right forward & turn ¼ left, step left in place

9-16 Repeat counts 1-8 of Bridge 2

POSE

On the last "B" section, dance just a ¼ turn instead of the ¾ turn before the walk, walk, walk, kick. This will keep you facing the audience. Then step out, out (right, left) and circle both arms in and up and out for the total count of &1,2,3,4,5,6,7,8
