

I Surrender

拍數: 0 牆數: 0 級數:
編舞者: Frank Cooper (CAN)
音樂: Surrender - Laura Pausini



Sequence: AAA BB TAG#1 AA BB TAG#2 A BBBB TAG#2
I am using a version of this song that is that is 4:01

PART A

STOMP, KICK AND KICK, ROCK STEP, COASTER STEP, ½ TURN RIGHT

- 1-2&3 Stomp right foot slightly forward, kick right foot forward, bring right foot home, kick left foot forward
- &4-5 Bring left foot home, rock forward on right foot, recover onto left foot
- 6&7 Step back on right foot, step together with left foot, step forward on right foot
- 8-9 Point left toe forward, turn a ½ turn to the right

WALK AROUND ¾ TURN LEFT, SHUFFLE ½ TURN, SIDE ROCK

- 10-12 Step forward on left foot, step back on right foot making ½ turn left, step left foot to left side making ¼ turn left
- 13&14 Shuffle ½ turn left stepping right, left, right
- 15-16 Rock left foot out to left side, recover onto right foot

WEAVE TO RIGHT SIDE WITH POINT SIDE, WALK AROUND ¾ TURN RIGHT

- 17-20 Step left foot over right, step right foot to right side, step left foot behind right foot, point right foot to right side
- 21-24 Step right foot over left, step back on left foot making a ¼ turn right, step forward on right foot making ½ turn right, step forward on left foot

ROCK STEP, BALL CHANGE STEP, ROCK STEP, TRIPLE ½ TURN LEFT

- 25-26 Rock forward on right foot, recover onto left foot
- &27-28 Rock back on the ball of the right foot, recover onto left foot, step forward on right foot
- 29-30 Rock forward on left foot, recover onto right foot
- 31&32 Triple ½ turn left stepping left, right, left

PART A

- 1-40 Repeat all of Part A then do the last 8 counts of Part A again

PART B

STEP LOCK, TRIPLE STEP WITH ARM SWEEP 45 DEGREE ANGLE RIGHT, STEP LOCK, TRIPLE STEP WITH ARM SWEEP 45 DEGREE ANGLE LEFT

- 1-2 Step right foot forward at 45 degree angle right, lock left foot behind right foot
- 3&4 Triple in place stepping right, left, right
- At the same time sweep right arm around starting in and then out going to the right for all 4 counts**
- 5-6 Step left foot forward at 45 degree angle left, lock right foot behind left foot
- 7&8 Triple in place stepping left, right, left
- At the same time sweep left arm around starting in and then out going to the left for all 4 counts**

SYNCOPATED JAZZ BOX ½ TURN LEFT, SYNCOPATED JAZZ BOX ¼ TURN RIGHT

- 9-10 Step right foot over left foot, step back on left foot making a ¼ turn left
- &11-12 Step back on right foot ¼ turn left, step left foot over right foot, step forward on right foot
- 13 Step forward on left foot
- 14&15 Step right foot over left foot, step back on left foot, step right foot to right side making a ¼ turn right

SIDE ROCK, SIDE ROCK & CROSS, STEP ¼, STEP ¼, STEP ACROSS, TOE SWEEP

- 17-18 Rock right foot out to right side, recover onto left foot
 19&20 Rock right foot out to right side, recover onto left foot, step right foot over left foot
 21-22 Step back on left foot making a ¼ turn right, step right foot to right side making a ¼ turn right
 23-24 Step left foot over right, sweep right toe around to the left

WEAVE TO THE LEFT WITH ¼ TURN POINT, STEP FORWARD ¼ TURN LEFT, STEP SIDE LEFT, SWEEPING SAILOR ¾ TURN WITH CROSS

- 25-28 Step right foot over left foot, step back on left foot making ¼ turn right, step back on right foot, point left toe forward
 28-30 Step forward on left foot ¼ turn left, step right foot to right side
 31&32 Sweep left foot around to the left and step behind right making ¼ turn left, step back on right foot making ¼ turn left, step left foot over right foot making ¼ turn left

TAG #1**STEP BACK ½ TURN LEFT, TOE DRAG, STEP BACK, WALK FORWARD**

- 1-4 Step back on right foot making ½ turn left, drag left toe back towards right foot, step back on left foot (optional: at the same time your arms will sweep around starting in and then out to sides, left arm goes to the left, right arm goes to the right)
 5-8 Walk forward right, left, right, left

TAG #2**STEP BACK ½ TURN LEFT, TOE DRAG, STEP BACK**

- 1-4 Step back on right foot making ½ turn left, drag left toe back towards right foot, step back on left foot (optional: at the same time your arms will sweep around starting in and then out to sides, left arm goes to the left, right arm goes to the right)
-