

I Swear

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Bob Bonett (USA)
音樂: I Swear - Marc Anthony



ROCK TO SIDE, RECOVER, CROSS SHUFFLE, ROCK TO SIDE RECOVER CROSS SHUFFLE

1-2-3&4 Rock to right side, recover on left, cross right over left step left to side cross right over
5-6-7&8 Rock to left side, recover on right, cross left over right step right to side cross left over right

SAILOR STEP, SAILOR STEP KICK BALL CHANGE, KICK BALL CHANGE

9&10 Step right behind left step left to side step right in place
11&12 Step left behind right step right to side step left in place
13&14 Kick right foot forward step right in place step left next to right
15&16 Repeat steps 13&14

STEP PIVOT ¼, SHUFFLE, KICK BALL CHANGE STEP PIVOT ¼

17-18 Step forward right, pivot ½ turn to left
19&20 Shuffle forward right, left, right
21&22 Kick left foot forward, step left in place, step right next to left
23-24 Step forward left, pivot ¼ to right

PADDLE TURNS TO LEFT

25& Step left turn ¼ to left step right behind left
26&27&28 Repeat 25& 3 more times ending with weight on left foot

PADDLE TURNS TO RIGHT

29& Step right turn ¼ to right step left behind right
30&31&32 Repeat 29& 3 more times ending with weight on right foot

TOE STRUTS WITH HIP BUMPS ROCK RECOVER ½ TURN SHUFFLE

33-34 Step forward on left toe, step down on left heel bumping hips left, right, left
35-36 Step forward on right toe, step down on right heel, bumping hips right, left, right
37-38 Rock forward on left recover on right
39&40 ½ turn shuffle to left turning left, right, left

ROCK RECOVER, COASTER STEP, STEP ½ PIVOT SHUFFLE

41-42 Rock forward on right, recover on left
43&44 Step back on right, step left next to right, step forward on right
45-46 Step forward on left, pivot ½ turn to right
47&48 Shuffle forward left, right, left

REPEAT
