

# I Understand

拍數: 32      牆數: 2      級數: Improver  
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音樂: Peace Understanding and Love - Tamra Rosanes



## WALK, WALK, ROCK, SHUFFLE BACK, ROCK

- 1-2      Walk forward on right, left
- 3-4      Rock forward on right foot, recover on left foot
- 5&6      Shuffle back on right, left, right
- 7-8      Rock back on left foot, recover on right foot (while doing the rock, a hop is possible)

## HEEL SWITCHES, CLAP, VINE LEFT

- 1&      Put left heel forward, put left foot next to right foot, weight on left foot
- 2&      Put right heel forward, put right foot next to left foot, weight on right foot
- 3      Put left heel forward
- &4      Clap twice
- 5-8      Step left to the side, cross right behind left, step out on left, lift up right foot behind left leg and slap on right heel

## ¼ HITCH, ¼ HITCH, HEEL SWITCHES, CLAP

- 1-2      ¼ turn right while stepping forward on right foot, clap on left knee while hitching
- 3-4      ¼ turn right while stepping forward on left foot, clap on right knee while hitching
- 5&      Put right heel forward, put right foot next to left foot, weight on right foot
- 6&      Put left heel forward, put left foot next to right foot, weight on left foot
- 7      Put right heel forward
- &8      Clap twice

## SHUFFLE RIGHT, ROCK, SHUFFLE LEFT, ROCK

- 1&2      Shuffle right, left, right
- 3-4      Rock back on left foot, recover on right foot
- 5&6      Shuffle left, right, left
- 7-8      Rock back on right foot, recover on left foot

## REPEAT

## TAG

After 2nd wall

## HIP BUMS

- 1-2      Hip right, left

## RESTART

During 5th wall. After count 24 (after making heel switches and 2 claps, the 2nd time) start from the beginning (walk, walk)