

I Am

拍數: 0 牆數: 1 級數: Intermediate
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音樂: I Am Who I Am - Lara Fabian



Sequence: A, B&, A, B&, B, Break, BBB

PART A

& CROSS, KICK, CROSS SHUFFLE, STEP ¼ LEFT, STEP ¼ LEFT, SAILOR ¼ TURN RIGHT

&1-2-3&4 Step back right, cross left over right, kick right, cross right over left twice
5-6-7&8 Step left ¼ to left, step right ¼ to left, left sailor step turning ¼ to right

TOUCH FORWARD, & STEP BACK ¼ TURN RIGHT, PUSH CHEST TWICE, LOCK STEP, SYNCOPATED PIVOT ½ TURN RIGHT

1&2-3&4 Touch right forward, right ronde, step back ¼ to right, push chest forward twice

Rock left-right-left as you push chest forward-back-forward. End weight on left

5&6-7-8 Right lock step forward (triple), left pivot ½ turn to right, point left out

CROSS, KICK, CROSS SHUFFLE, STEP ¼ LEFT, STEP ¼ LEFT, SAILOR ¼ TURN RIGHT

1-2-3&4 Cross left over right, kick right, cross right over left twice
5-6-7&8 Step left ¼ to left, step right ¼ to left, left sailor step turning ¼ to right

TOUCH FORWARD, & STEP BACK ¼ TURN RIGHT, PUSH CHEST TWICE, LOCK STEP, SYNCOPATED PIVOT ½ TURN RIGHT

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Rock left-right-left as you push chest forward-back-forward. End weight on left

5&6-7-8 Right lock step forward (triple), left pivot ½ turn to right, point left out

RONDE ½ TO LEFT, SIDE ROCK, RECOVER ¼ TURN TO RIGHT, FULL RIGHT TURN TRIPLE, SYNCOPATED SIDE ROCK WITH ¼ TURN TO LEFT, SIDE SHUFFLE

&1-2 Swing left ½ turn to left, side rock on left, recover ¼ to right
3&4 Full right turn forward (left-right-left)
5&6 Side step right, recover left turning ¼ right, step right next to left
7&8 Left side shuffle

WALK BACK 2 STEPS, COASTER STEP, WALK FORWARD 3 STEPS, SWIVEL ½ TO LEFT AND POINT TO SIDE

1-2-3&4 Walk back right and left, right coaster step
5-6-7-8 Walk forward: left, right, left, swivel ½ to left and point right to side
Counts 5-6-7 are slightly crossing steps

PART B

KNEE POPS, STEP RIGHT FORWARD, HOLD, SIDE SHUFFLE LEFT, CROSS ROCK TO LEFT

1-4 Step right back (pop left), step left beside right (pop right), step right forward, hold
On count 3, bring chest forward, arms back (making a stand)
5&6 Side left shuffle (left, right, left)
7-8 Cross rock right over left, recover weight on left

KNEE POPS, STEP RIGHT FORWARD, HOLD, SIDE SHUFFLE LEFT, CROSS ROCK TO LEFT

1-4 Step right back (pop left), step left beside right (pop right), step right forward, hold
On count 3, bring chest forward, arms back (making a stand)
5&6 Side left shuffle (left, right, left)
7-8 Cross rock right over left, recover weight on left

KICK & CROSS, STRETCH TO SIDE, RECOVER, RIGHT SAILOR, LEFT SAILOR

1&2 Right kick, step down on right, cross left over right

3-4 Side step right on ball of foot, recover weight on left

On count 3, bring right elbow up, palm out slightly below eyes, slide elbow as you stretch upper body to right side, bend right knee, hold left in place

5&6-7&8 Right behind left, left-right in place, left behind right, right-left in place

¼ STEP RIGHT, LEFT TOGETHER (4 TIMES, TO A FULL CIRCLE)

1-8 Step left ¼ to right, step left together (repeat steps 3 more times) slightly rolling body with each turn, completing a full right turn

PART B&

Add the following to Part B to make Part B&

ROCK BACK, SIDE SHUFFLE, ROCK BACK, SIDE SHUFFLE

1-2-3&4 Step right behind left, recover left, side right shuffle (right, left, right)

5-6-7&8 Step left behind right, recover right, side left shuffle (left, right, left)

BREAK

1-4 Weave right: side step right, step left behind right, swing right around to back, step right behind left

5-8 Weave left: side step left, step right over left, swing left around to front, step left over right

9-10 Rolling vine right: step right ¼ turn right, step left back ½ turn right

11-12 Step right ¼ turn right, hold

13-16 Rolling vine left: step left ¼ turn left, step right back ½ turn left, step left ¼ turn left, hold
