

拍數: 40 牆數: 4 級數: Intermediate
編舞者: David J. McDonagh (WLS)
音樂: I'll Be There for You - The Rembrandts



ROLLING VINE RIGHT SCUFF, STEP LOCK STEP SCUFF

1-4 Normal vine right with $\frac{1}{4}$ turn right (right side, left behind, right side $\frac{1}{4}$ turn right, scuff left heel)

Option: rolling vine to the right (total 1 & $\frac{1}{4}$ turn) stepping: right, left, right, scuff left heel

5-8 Step left forward, lock-step right behind left, step left forward, scuff right heel

JAZZ BOX CROSS, WEAVE, HIP SWAYS

1-4 Cross-step right over left, step left back, step right to right side, cross-step left over right

5-6 Step right to right side, cross-step left behind right

7-8 Step right to right side swaying hips right, sway hips left

KICK STEP BACK, SWIVEL, SWIVEL, HIP BUMP, KICK BALL BACK

1-2 Kick right forward, step right back

3 Swivel both heels left turning your head over your right shoulder dropping right shoulder

4 Swivel both heels right turning your head back to your left straightening shoulders

5&6& Bump hips: right (5), left (&), right (6), left (&) turning $\frac{1}{2}$ turn right by swiveling on both toes

7&8 Kick right forward, step right back, step left to left side

Click/snap: click right fingers right on counts (3), (5), (6)

SAILOR STEPS, HELL BALL SIDE STEPS

1&2 Cross-step right behind left, step left to left side, step right to right side

3&4 Cross-step left behind left, step right to right side, step left to left side

5&6 Tap right heel forward, step right beside left, step left to left side

7&8 Tap right heel forward, step right beside left, step left to left side

Arms: optional arm movements for 25-32:

5&6 Point (or punch) right index finger forward (away from you) (5), bring right arm in then down to side (&6)

7&8 Repeat same hands as in (5&6)

BEHIND UNWIND $\frac{3}{4}$, FORWARD & POINT, TURN & POINT, CROSS SHUFFLE

1-2 Cross-step right behind left, unwind $\frac{3}{4}$ right (weight on right)

3&4 Step left forward, touch right beside left, point right to right side

5&6 Step right beside left with $\frac{1}{4}$ turn right, touch left beside right, point left to left side

7&8 Cross-step left over right, step right to right side cross-step left over right

Option: instead of a cross shuffle (7&8), you can do a full turn right stepping: left, right, left (cross over right)

REPEAT

RESTARTS

Walls 2 and 8: dance counts 1-36, then restart to beginning of dance

Wall 7: dance counts 1-26 (with a right sailor point instead of sailor step), then restart to beginning of dance

The speed of the song can vary depending on perspective, it feels double time during counts 1-16, and feels slower on the rest of the dance. The famous 4x claps in the song will hit the hip sways (15-16) then slow yourself down for the next section of the dance

If you find it easier, you can think of it as a 32 count dance using counts 1&2&...8& etc. (but in reality it's still done on the whole beats)