Everything I Do



拍數: 32 牆數: 4 級數: Intermediate nightclub

編舞者: Annemette Toft (DK)

音樂: (Everything I Do) I Do It for You - Bryan Adams



BASIC STEP, ½ TURN, ROCK AND RECOVER

1-2&3-4& Step left on left foot, step back on right foot, step down on left foot, turn ½ counter to the right and step down on right foot, step back on left foot, step forward on right foot

FULL TURN, FULL TURN, SWAY LEFT, SWAY RIGHT

5&6&7-8 Full turn to the right, full turn to the right, step out on left foot with a sway, step down on right foot with a sway

SAILOR STEP WITH 1/4 TURN, WALK, WALK, STEP RIGHT

9&10-11-12& Sweep left foot behind right foot with a ¼ turn counter to the right, step right foot next to left foot, step forward on left foot, catwalk forward right foot, catwalk forward left foot, step right foot out to the right

STEP LEFT, STEP RIGHT FOOT DIAGONALLY, SWEEP LEFT 1/2, STEP LEFT FOOT DOWN

13-14-15-16 Step left foot out to the left (foot pointing to 1:30), step right foot diagonally in front of left foot, sweep left foot ½ to the right (foot pointing to 7:30), step down on left foot

LUNGE, RECOVER, SWEEP 5/8 TURN, COASTER STEP

17-18-19&20 Step right foot forward and put the weight forward on right foot, put the weight back on left foot, sweep right foot behind left foot with a 5/8 turn to the right (facing 12:00), step back on left foot, step forward on right foot

ROCK STEP, 11/2 TURN, STEP LEFT FOOT DOWN

21-22-23-24 Step forward on left foot, rock back on right foot, 1 ½ turn counter to the right, step down on left foot

STEP RIGHT FOOT, CROSS BEHIND, 1/4 TURN, WALK, WALK

25-26&27-28 Step out on right foot, cross left foot behind, turn ¼ to the right and put right foot forward, walk forward left foot, walk forward right foot

SIDE STEP, CROSS, SIDE STEP, CROSS

29&30-31&32 Step out on left foot, put right foot next to left foot (the weight is on right foot), cross left foot diagonally in front of right foot (pointing to 10:30), step out on right foot, put left foot next to right foot (the weight is on left foot), cross right foot diagonally in front of left foot (pointing to 7:30)

REPEAT

TAG

After repetitions 5 and 7

WALK, WALK, SWAY, SWAY

1-4 Catwalk forward left foot, catwalk forward right foot, step out on left foot with a sway, step out on right foot with a sway

The music breaks for approximately 4 seconds after 4:03 minutes. The dance can stop here or it can be continued after the break. The counts fit the music here and the song goes on for another 2:30 minutes