

I Love Music

拍數: 32 牆數: 4 級數: Intermediate
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音樂: I Love Music - The O'Jays : (CD: The Ultimate O'Jays)



Starting point: As the singer begin to sing "I Love Music" at 0:33. You can start a bit earlier at 0:18, but it is a bit trickier to spot. Also if you start at 0:18, the restart comes on wall 4.

Note: There is one restart in the dance. It is on wall 3 (one that starts facing 6:00). Dance the dance half way through (to count 16 where you'll be facing at 6:00) and restart the dance.

STEP ACROSS, HOLD, STEP BEHIND, HOLD, STEP ACROSS, HOLD, STEP BEHIND, HOLD

1-2 Step right across left, hold
&3-4 Step left to side, step right behind left, hold
&5-6 Step left to side, step right across left, hold
&7-8 Step left to side, step right behind left, hold

UNWIND 3/4 TO LEFT, REVERSED ROCKING CHAIR, 1/4 LEFT TURNING SHUFFLE

&1-2 Step left to side, step right across left, unwind 3/4 to left sweeping left foot from front to back
3-4 Rock left back, recover weight back to right
5-6 Rock left forward, recover weight back to left
7&8 Step left to side, step right next to left, turn 1/4 to left and step left forward

SYNCOPATED ROCK STEPS (STAR PATTERN)

1-2 Rock right forward, recover weight back to left
&3-4 Step right next to left, rock left back, recover weight back to right
&5-6 Step left next to right, rock right to side, recover weight back to left
&7-8 Step right next to left, rock left to side, recover weight back to right
Option: When you do the star -pattern, remember to keep your weight on the center, do not lean into the rock steps too much, as they are pretty fast. If they prove to be too much, you can do four kick ball changes on the spot for counts 1-8.

STEP TOGETHER, SIDE ROCK, SAILOR STEP, 1/4 LEFT TURNING SAILOR STEP, STEPS FORWARD

&1-2 Step left next to right, rock right to side, recover weight back to left
3&4 Step right behind left, step left next to right, step right to side
5&6 Step left behind right, step right next to left, turn 1/4 to left and step left to side
7-8 Step right forward, step left forward
Note: In the music you can sometimes hear the drum beating fast many times during counts 7-8. For styling on these counts you can take small, fast steps stepping right-left-right-left (counting would be &7&8).

REPEAT

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