We're So Glamorous

拍數: 32	牆數: 4	級數: Beginner

編舞者: Niels Poulsen (DK) - April 2008

音樂: Glamorous - Natalia : (Album: Everything and More)

Or use any other funky music, fx.: Janet Jackson 'Feedback', Lemon Ice feat. Dave 'Everybody dance', or 8 Ball & MJG Feat.Shannon Jones 'Straight Cadillac Pimpin'

Intro: 16 count intro from first beat in music, app. 9 secs. into music

(1 – 8) Step fw L, R heel fw, back R, point L back, REPEAT

1 – 2	Step fw L, touch R heel fw 12:00
3 – 4	Step back on R, point L foot back 12:00
5 – 6	Step fw L, touch R heel fw 12:00
7 – 8	Step back on R, point L foot back 12:00

(9 – 16) Side rock cross X3, turn ¼ L, side L

1&2	Rock L to L side, recover weight to R foot, cross L over R 12:00
3&4	Rock R to R side, recover weight to L foot, cross R over L 12:00
5&6	Rock L to L side, recover weight to R foot, cross L over R 12:00
7 – 8	Turn ¼ L stepping back on R, step L to L side 9:00

(17 – 24) 3 walks fw, rock fw L, recover, 3 walks back, side R

1 – 2	Walk fw R, walk fw L 9:00
3 – 4&	Walk fw R, rock fw L, recover weight to R 9:00
5 – 6	Walk back L, walk back R 9:00
7 – 8	Walk back L, step R to R side 9:00

(25 – 32) Cross rock side, cross rock side, full circle L

1&2	Cross rock L over R, recover R, step L to L side 9:00
3&4	Cross rock R over L, recover L, step R to R side 9:00
5 – 6	Turn L and start walking L R in a semi circle (turning ¼ L with each walk) 3:00
7 – 8	Complete your full turn walking around L R in a semi-circle (counts 5-8 form a full circle L) 9:00

BEGIN AGAIN!

Tag: After wall 7, facing 3:00:
Repeat the last 4 counts and restart dance (Don't get dizzy! Look up…) 9:00

Note: After wall 10, facing 6:00, there's a short break in the music but just continue dancing! I've choreographed this dance as a floor-split to Francien Sittrop's mega popular dance 'So Glamorous', but it works incredibly well to other funky tracks (see examples above)