

Am I?

拍數: 32 牆數: 4 級數: Improver
編舞者: Cato Larsen (NOR) - April 2008
音樂: Am I Supposed To Love Again - Veronica Akselsen : (CD: MGP Melodi Grand Prix 08)



Intro: Start the dance at vocals after 32 counts. (19 seconds).

(1 – 8) Side, Slide, Together, Cross, 3/4 Pivot turn, Run forward.

1,2 Step left long step to left side (1), Slide right foot towards left (2). [12:00]
3,4 Step right next to left (3), Cross left over right (4).
5 Pivot ¼ turn left Stepping back on right (5). [9:00]
6 Continue to turn another ½ turn left on ball of right foot (6). [3:00]
7,8 Step forward on left (7), Step forward on right (8).

(9 – 16) Syncopated Mambo Rock 1/4 turn, Step, 1/2 Pivot turn twice.

1,2,3 Step forward on left (1), Hold (2), Rock (recover) back again onto right (3).
4 Pivot ¼ turn left Stepping forward on left (4). [12:00]
5,6 Step forward on right (5), Hold (6).
7 Pivot ½ turn right Stepping back on left (7). [6:00]
8 Pivot ½ turn right Stepping forward on right (8). [12:00]

(17 – 24) Step, Hold, 1/2 turn, 1/2 Pivot turn, Back & Slide into partial Coaster Step.

1,2 Step forward on left (1), Hold (2).
3,4 Step forward on right (3), Pivot (swivel) ½ turn left (4). [6:00]
5 Pivot ½ turn left Stepping long step back on right (5). [12:00]
6 Slide left next to right (6).
7,8 Step back on left (7), Step right next to left (8).

(25 – 32) Finish Coaster Step, Hold, Rock Step, 1/4 Pivot turn, Cross, 1/4 Pivot turn, 1/4 turn.

1,2 Step forward on left (1), Hold (2).
3,4 Step forward on right (3), Rock (recover) back again onto left (4).
5,6 Pivot ¼ turn right Stepping right to right side (5), Hold (6). [3:00]
7 Cross left foot over right (7).
8 Pivot ¼ turn left Stepping back on right (8). [12:00]

Start the dance over again by adding another ¼ turn left Stepping left long step to left (1). [9:00]

TAG: To be danced after wall 2 & 5. You will be facing 6:00

1 – 4 Hipsway left, Hipsway right.
1,2,3,4 Sway our Hips to the left (1,2), Sway your Hips to the right (3,4).

RESTART: Restart the dance after count 28 on wall nr. 7. (you'll be facing 6:00 o'clock).

You are standing on left foot forward on count 25; (After the Coaster Step).

2,3,4 Hold (26), Step forward on right (27), Hold (28).

Start the dance from the beginning... It's easy to hear in the music ?