

This Is Amy

拍數: 32 牆數: 4 級數: Improver
編舞者: Quim Aymerich (ES) - May 2009
音樂: This Is The Life - Amy McDonald



Dance start with lyrics.

Step sheet by Muntsa Sidera

SIDE-TOGETHER-SIDE, BEHIND-SIDE-CROSS, 3 SIDE TOUCHES - ¼ TURN SAILOR STEP

- 1&2 Touch right toe to right side, right beside left, touch right toe to right side.
3&4 Step right behind left, step left to left side, cross right in front of left.
5&6 Touch left toe to left side, touch left toe a little bit more to left, touch left toe a little bit more to left side.
7&8 Step left behind right, doing a ¼ turn right step right to right side, step left to left side.

SHUFFLE FORWARD, STEP-¼ TURN RIGHT-CROSS, ¼ TURN RIGHT -½ TURN LEFT-STEP, STEP-½TURN RIGHT-STEP

- 9&10 Step right forward, left beside right, step right forward.
11&12 Step left forward, pivot ¼ turn right, step/cross left in front of right.
13&14 Doing a ¼ turn right step right forward, pivot ½ turn left (weight on left foot), step right forward.
15&16 Step left forward, ½ turn right, step left forward.

¼ TURN RIGHT WAVE, STEP, ½ TURN RIGHT, STEP - ¼ TURN LEFT, ½ TURN LEFT.

- 17&18 Step right to right side, left behind right, step right to right side.
&19&20 Cross left over right, step right to right side, left behind right, doing a ¼ turn right step forward.
21&22 Step left forward, ½ turn right, step left forward.
23-24 Step right forward doing a ¼ turn left, doing a ½ turn left over right foot step left to left side.

RIGHT MAMBO FORWARD, LEFT MAMBO BACK, JAZZ BOX

- 25&26 Step right forward, recover weight onto left, right beside left.
27&28 Step left back, recover weight to right foot, step left beside right.
29-30 Cross right over left, step left back.
31-32 Step right to right side, left beside right.

START AGAIN

BRIDGE

On the 8th wall we dance til count 16, and after it we do a jazzbox:

- 1-2 Cross right over left, step left back.
3-4 Step right to right side, left beside right.

We start again from step number 1. As it is the last wall, we dance til count number 16 and end with a touch with right toe beside left.