Who I Am



拍數: 32 牆數: 4 級數: Easy Intermediate

編舞者: Pam Cassells (AUS) - September 2008

音樂: Who I Am - Alan Jackson: (CD: Who I Am)



Start Position: Feet together - with weight on L foot. Starts on vocals – 16 counts in. (Rotation: 90°L.) Sequence: 32, 36, 36, 36, 16, 32, 36, 36, 36, 16.

R ROCKING CHAIR, R SHUFFLE FORWARD

[1,2,3,4] R Rocking Chair – step R forward, rock/replace back on L, step R back, rock/replace 1-4

forward on L,

5-6 [5&6] R Shuffle forward – step R forward, step/slide L beside R, step R forward,

L ROCKING CHAIR. L SHUFFLE FORWARD

7-10 [1,2,3,4] L Rocking Chair - step L forward, rock/replace back on R, step L back, rock/replace

forward on R,

11-12 [5&6] L Shuffle forward – step L forward, step/slide R beside L, step L forward,

ROCK, REPLACE, CROSS, HOLD, L SIDE SHUFFLE, CROSS, REPLACE.

[1,2##] Step/rock R to R side, rock/replace weight onto L,## 13-14

15-16 [3,4] Step R across in front of L, hold for one count,

17-18 [5&6] L Side Shuffle – step L to L side, step/slide R beside L, step L to L side,

19-20 [7,8] Step/rock R across in front of L, rock/replace weight back on L,

1/4 TURN R - WALK FWD R, L, 1/2 TURN - SHUFFLE, BACK, FORWARD, TOUCH TOGETHER, HOLD.

21-22 [1,2] Turning 90 degrees R – walk forward - R, L,

23-24 [3&4] Turning 180 degrees L - R shuffle back - step R back, step/slide L beside R, step R

back.

25-26 [5,6] Step/rock L back, rock/replace weight forward onto R,

27-28 [7,8] Touch L beside R, hold,

BACK, TOGETHER, FORWARD, HOLD.

[1,2,3,4**] Step L back, step R beside L, step L forward, hold,**

SIDE STEP. TOUCH TOGETHER. SIDE STEP. TOUCH TOGETHER.

33-34 [5,6] Step R to R side, touch L beside R, 35-36 [7,8] Step L to L side, touch R beside L.

REPEAT DANCE IN NEW DIRECTION

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Restarts:

** Wall 1 and 6 - dance up to count 32 and restart from the beginning.**

Wall 5 - dance to count 14 then add - touch R beside L, hold, restart dance again from the beginning facing front wall.