

My Other Half

拍數: 64 牆數: 2 級數: Improver
編舞者: Sadiah Heggernes (NOR/UK) - March 2011
音樂: I Do - Colbie Caillat : (Single)



START ON VOCALS (after about 10 sec. or 24 counts)

One easy Bridge during Wall 1

Sect. 1: Jazz Box Cross, ¼ Turn, Step Back, Side, Hip Bumps

1-2 Cross right over left. Step back on left
3-4 Step right to right side. Cross left over right
5-6 Make ¼ turn left stepping back on right. Step left to left side 9.00
7-8 Step right to right side bumping hips right-left.

Sect. 2: Cross, Hold & Cross Hold, Touch, Cross, Side, Cross

1-2 Cross right over left. Hold
&3-4 Small step left to left side. Cross right over left. Hold
5-6 Touch left to left side. Cross left over right
7-8 Step right to right side. Cross left over right.

Sect. 3: Step Back, Heel Touch with Clap x 2, Step, Lock Step, ¼ Pivot

1-2 Step back on right. Touch left heelslightly forward & Clap
3-4 Step back on left. Touch right heel slightly forward & Clap
5-6 Step forward on right. Lock left behind right
7-8 Step forward on right. Pivot ¼ turn left 6.00

Sect. 4: Step, Tap x 2 Toe Strut Forward, Toe Strut ¼ Turn

1-2 Step forward on right. Tap left beside right. Click Fingers
3-4 Step back on left. Tap right beside left. Click Fingers

Styling: Click fingers while dancing steps 1-4

5-6 Touch right toes forward. Step down on right heel
7-8 Make ¼ turn left. Touch left toes forward. Step down on left heel 3.00

Sect. 5: Diagonal Lock Steps, Step ½ Pivot

1-3 Step right diagonally forward right. Lock left behind right. Step right diagonally forward right
4-6 Step left diagonally forward left. Lock right behind left. Step left diagonally forward left 3.00
7-8 Step forward on right. Make ½ pivot left 9.00

Sect. 6: Monterey ¼ Turn Right, Monterey ½ Turn Right

1-2 Point right to right side. Make ¼ turn right on ball of left stepping right beside left. 12.00
3-4 Point left to left side. Step left beside right
5-6 Point right to right side. Make ½ turn right on ball of left stepping right beside left 6.00
7-8 Point left to left side. Step left beside right

Bridge: here during 1st Wall (you will be facing 6.00)

1-2 Step right to right side. Close left beside right

Continue dance from Section 7

Sect. 7: Kick, Kick, & Step, Touch, Hold

1-2 Low Kick forward twice on right
&3-4 Step right beside left. Touch left to left side. Touch left beside right
5-6 Low Kick forward twice on left

&7-8 Step left beside right. Touch right beside left. Hold

Sect. 8 Rumba Box, Hold

1-4 Step right to right side. Close left beside right. Step back on right. Hold

5-8 Step left to left side. Close right beside left. Step forward on left. Hold

Ending: Dance up to Section 7 (you will be facing front wall)

– blow a kiss to the one you love!

Choreographer's Note: The beat fades out a bit towards the end.

Just continue dancing & the beat will kick in again!

To my one & only Frank for our Ruby Wedding this year x (2011)

Revised on site: 15th March 2011
