

Cause You're Amazing

拍數: 112 牆數: 2 級數: Higher Intermediate
編舞者: Claudia Rückardt (DE) - August 2011
音樂: Just the Way You Are - Bruno Mars



Alt. Music: Rolling in the deep" by Adele

Phrase A, B, C, D, A, B, C, D, A, B, C, D, A, B (on count „&16“ do: Step on R with ½ turn left, cross/touch left toe beside right heel (12:00)

Both dances start with - "A" at lyrics

Dedicated to dear Mrs Wanda Heldt, principal of the Silver Star Wanda'ers, Perth, WA, the most gorgeous dancer in the world and an angel on earth.

I wish you always an guardian angel holding your hand. Thank you for flying into my life.

Part A – 32 counts

[1-8] Side, draw, side shuffle with ¼ turn right, ½ pivot right, cross behind

1-2 Side L, draw R to L,
3&4 Side R to right, close L, ¼ turn right step forward R ,
5,6 step forward L, turn ½ right and weight on right foot,
7,8 Side L, cross R behind L

[9-16] Side shuffle, rock, recover, step, rock, recover, step, full turn left

9&10 Side L, close R, side L,
11&12 Cross rock R in front L, recover L, close R to L,
13&14 Cross rock L in front R, recover R, close L to R,
15&16 Full turn left R,L,R (9:00)

[17-32] Repeat A, counts 1-16, end up 6:00

Part B – 16 counts

[1-8] Back lock step twice, heel jack, mod. heel jack with ½ turn right

1&2 Step back L, lock R in front L, step back L,
3&4 Step back R, lock L in front R, step back R,
&5 Side L to left, touch right heel diag. forward,
&6 Close R to L, cross L in front R,
&7 Side R to right, touch left heel diag. forward,
&8 Step on L with ½ turn right, cross/touch right toe beside left heel (12:00),

[9-16] Forward lock step twice, heel jack, mod. heel jack with 1/8 turn right

9&10 Step forward R, lock L in back R, step forward R,
11&12 Step forward L, lock R in back L, step forward L,
&13 Side R to right, touch left heel diag. forward,
&14 Close L to R, cross R in front L,
&15 Side L to left, touch right heel diag. forward,
&16 Close R to L, step L in place with 1/8 turn right (weight on L/ 1:30),

Part C – 32 counts

[1-8] Back shuffle, touch side, cross in back, touch side, cross in back, back shuffle

1&2 Back R, close L, back R,
3,4 Touch L to the left side, cross L in back R while bending knees,
5,6 Touch R to the right side, cross R in back L while bending knees,
7&8 Back L, close R, back L

[9-16] ½ Turn right mambo step, back shuffle, touch side, cross in back, touch side, cross in back

9&10 ½ Turn right with step forward R, back L, close R, (7:30),
11&12 Back L, close R, back L,
13,14 Touch R to the right side, cross R in back L while bending knees,
15,16 Touch L to the left side, cross L in back R while bending knees

[17-24] Side, cross in front, side shuffle with ¼ turn right, ½ pivot right, forward shuffle with 1/4 turn left

17-18 Side R, cross L in front R,
19&20 Side R, close L, side R with ¼ turn right (10:30),
21-22 Step forward L, ½ turn right with step on R, (facing 4:30),
23&24 Forward L, close R, forward L with ¼ turn left (1:30)

[25-32] Side behind, side shuffle with ¼ turn right, step, ½ pivot right , forward shuffle with sweep 3/8 turn left

25-26 Side R, cross L in back R,
27&28 Side L, close R, side L and ¼ turn right (4:30),
29-30 Step forward L, ½ turn right with step on R (10:30),
31&32 Forward L, close R, forward L with sweep 3/8 turn left (6:00),

(Form a little star with four points for the Silver Star Wanda'ers)

Part D – 32 counts

[1-8] Rock forward, recover, ½ right turn shuffle (with arm overments), forward toe touches, rock side, recover

1-2 Rock forward R, recover L,
3&4 ½ Turn right shuffle R,L,R (12:00)

(while turning put right arm straight forward, palms up and drop down after the turn),

5&6& Touch left toe forward, close L, touch right toe forward, close R
7-8 Rock side L, recover R,

[9-16] ¼ Turn right coaster step, side toe touches, rock forward , recover , ¼ turn right coaster step

9&10 Cross L in back R, 1/4 turn right and step R, step forward L(3:00),
11&12& Touch right toe to right side, close R, touch left toe to left side, close L,
13-14 Rock forward R, recover back L,
15&16 Cross R in back L, 1/4 turn right and step L, step forward R (6:00),

[17-24] Rock forward, recover, ½ left turn shuffle (with arm overments), forward toe touches, rock side, recover

17-18 Rock forward L, recover R,
19&20 1/2 Turn left shuffle L,R,L (12:00),
(while turning put left arm straight forward, palms up and drop down after the turn),
21&22& Touch right toe forward, close R, touch left toe forward, close L,
23-24 Rock side R, recover L,

[25-32] 1/4 Turn left coaster step, side toe touches, rock forward, recover, ¼ turn, step, hold

25&26 Cross R in back L, 1/4 turn left and step L,step R forward(9:00),
27&28& Touch left toe to left side, close L, touch right toe to right side, close R,
29-30 Rock forward L, recover back R,
31&32 ¼ Turn left and step L, step forward R, hold (6:00),

Let's dance and be happy!!!

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