

I Made It !

拍數: 48 牆數: 1 級數: Intermediate Contra
編舞者: Ross Brown (ENG) - June 2014
音樂: How I Got Over (feat. Tim Bowman Jr) - Vickie Winans : (CD: How I Got Over)



Intro: □ 16 Counts (Approx. 8 Secs)

Restart : On Wall 3, restart the dance after 44 Counts (*R*) facing FRONT wall.

Start the dance by facing a gap on the opposite line with your partner to the right. The lines should be fairly close.

CHASSE ¼ TURN R. X2. HALF RUMBA BOX FORWARD. MAMBO FORWARD.

- 1 & 2 Step right to the right, close left up to right, make a ¼ turn right stepping forward with right.
- 3 & 4 Step left to the left, close right up to left, make a ¼ turn right stepping back with left.
- 5 & 6 Step right to the right, step left next to right, step forward with right.
- 7 & 8 Rock forward with left, recover onto right, step back with left.

On Counts 3 & 4 , the lines will pass through each other with your partner passing behind you. (6 O'CLOCK)

BACK ROCK. KICK; ACROSS, DIAGONALLY. SAILOR STEP. KICK; ACROSS, DIAGONALLY. BEHIND, SIDE.

- 1 & Rock back with right, recover onto left.
- 2 – 3 Kick right foot across left, kick right foot forward to right diagonal.
- 4 & 5 Cross step right behind left, step left to the left, step right to the right.
- 6 – 7 Kick left foot across right, kick left foot forward to left diagonal.
- 8 & Cross step left behind right, step right to the right. (6 O'CLOCK)

CROSSING VAUDEVILLE. WEAVE LEFT. STEP, LOCK, STEP. X2.

- 1 & 2 & Cross step left over right, step right to the right, tap left heel forward to left diagonal, step left next to right.
- 3 & 4 & Cross step right over left, step left to the left, cross step right behind left, step left to the left.
- 5 & 6 Step forward with right, lock left behind right, step forward with right.
- 7 & 8 Step forward with left, lock right behind left, step forward with left.

On Counts 5 & 6 and 7 & 8 , the lines will pass through each other with your partner passing on your right hand side. (6 O'CLOCK)

SIDE, TOUCH. STEP, TOUCH. X2. (MAKING ¾ TURN L). TRAVELLING PIGEON TOES.

- 1 & Make a ¼ turn left stepping right to the right, touch left next to right and clap your hands up in the air.
- 2 & Make a ¼ turn left stepping forward with left, touch right next to left and clap your hands down.
- 3 & Step right to the right, touch left next to right and clap your hands up in the air.
- 4 & Make a ¼ turn left stepping forward with left, touch right next to left (flat foot) and clap your hands down.
- 5 & 6 Twist right toe and left heel to the right, twist right heel and left toe to the right, twist right toe and left heel to the right.
- 7 & 8 Twist right heel and left toe to the right, twist right toe and left heel to the right, twist right heel and left toe to the right.

By Count 8 , the lines should be together with your partner facing you. Prepare to move together at the start of Section 5. (9 O'CLOCK)

UPPER BODY CIRCLE. HIP BUMPS; RIGHT, LEFT. HALF RUMBA BOX FORWARD.

- 1 & 2 & 3 & 4 & In a jolty fashion, initially lean towards the back of the room and move your upper body around in an anti-clockwise circle. You will have to coordinate this part with your contra dancing partner.

5 – 6 Bump hips to the right, bump hips to the left. (Weight ends on left)

7 & 8 Step right to the right, step left next to right, step forward with right.

For a bit of fun on the Upper Body Circle, you could add a Santa Style Laugh to each count. i.e “Ho ho ho ho ho ho ho” (9 O’CLOCK)

CHASSE LEFT, SWEEP ¼ TURN R. BEHIND, SWEEP BACK, BEHIND. HIP BUMPS BACK. SHORT RUN FORWARD.

1 & 2 & Step left to the left, close right up to left, step left to the left, make a ¼ turn right sweeping right foot back.

3 & 4 Cross step right behind left, sweep left foot back, cross step left behind right. (*R*)

5 & 6 Step back with right bumping hips; back, forward, back. (Weight ends on right)

7 & 8 Run forward; left, right, left. (Small steps)

On Counts 1 & 2 & , the lines should pass through each other with your partner passing behind you. (12 O’CLOCK)

END OF DANCE! □
