I Dance (我愛排舞) (zh)

Count: 32 **Wall:** 4 **Level:** Intermediate
Choreographer: Susan Puruleski (USA) - 2008年09月
Music: Let's Dance - Miley Cyrus : (CD: Meet Miley Cyrus)

前奏： Start dancing on lyrics 唱歌起跳

第一段 Walk, Walk, Step-Lock-Step, Chase ½ Turn Right, ½ Turn Left, ¼ Turn Left 走, 走, 踏-鎖-踏, 右轉1/2追步, 左轉1/2, 左轉1/4

1-2 Walk forward right, walk forward left
右足向前走, 左足向前走

3&4 Step forward right, lock left behind right, step forward right
右足前踏, 左足於右足後鎖踏, 右足前踏

5&6 Step forward left, ½ turn to right stepping on right, step left forward 左足前踏, 右轉180度右足踏, 左足前踏

7-8 ½ turn left stepping right back, ¼ turn left stepping left forward 左轉180度右足後踏, 左轉90度左足前踏

第二段 ¼ Turn Left Slide Step Right, Hold, Rock & Side, Behind Side Cross, Sway Recover 左轉1/4右滑踏, 候, 下沉 & 側, 後側交叉, 擺臀 回復

1-2 ¼ turn to left as you slide step with right, hold count 2
左轉90度右足滑併, 候

&3-4 Rock left behind right, step right, step left to side
左足於右足後下沉, 右足踏, 左足左踏

5&6 Right behind left, left out to side, cross right in front of left
右足於左足後踏, 左足左踏, 右足於左足前交叉踏

7-8 Step left out to side while swaying hips left and back to right
左足左踏左擺臀, 右足後回復

第三段 Cross Behind Unwind ¾ Left, Right Mambo Cross, Left Mambo Cross, Coaster Step 交叉後左轉3/4, 右曼波交叉, 左曼波交叉, 海岸步

1-2 Cross left behind right, unwinding ¾ to left
左足於右足後交叉踏, 向左繞轉270度

&3-4 Step right out to right side, step left, cross right in front of left 右足右踏, 左足踏, 右足於左足前交叉踏

&5-6 Step left to side, step right, cross left in front of right
左足左踏, 右足踏, 左足於右足交叉踏

7&8 Step right back, bring left together, step right forward
右足後踏, 左足併踏, 右足前踏

第四段 Step ½ Turn Right, Kick & Touch, Point & Point, Body Roll
踏右轉1/2, 踢 & 點, 點 & 點, 身體擺動

1-2 Step left forward, ½ turn to right stepping on right
左足前踏, 右轉180度右足踏

3&4 Kick left, step left, touch right popping knee out
左足前踢, 左足踏, 右足點

5&6& Point right to side, step right, point left to side, step left
右足右點, 右足踏, 左足左點, 左足踏

7-8 Body roll from lower body to upper body
身體由下往上擺動

TAG: After 2nd wall cross left over right turn full 4 count turn to right, then restart 第二面牆結束時, 左足於右足前交叉右轉圈共4拍, 從頭起跳