

# I Understand

**Count:** 32

**Wall:** 2

**Level:** Improver

**Choreographer:** Birgitte Albæk Henriksen (DK) & Jeanette Albæk Henriksen (DK)

**Music:** Peace Understanding and Love - Tamra Rosanes



## **WALK, WALK, ROCK, SHUFFLE BACK, ROCK**

- 1-2 Walk forward on right, left
- 3-4 Rock forward on right foot, recover on left foot
- 5&6 Shuffle back on right, left, right
- 7-8 Rock back on left foot, recover on right foot (while doing the rock, a hop is possible)

## **HEEL SWITCHES, CLAP, VINE LEFT**

- 1& Put left heel forward, put left foot next to right foot, weight on left foot
- 2& Put right heel forward, put right foot next to left foot, weight on right foot
- 3 Put left heel forward
- &4 Clap twice
- 5-8 Step left to the side, cross right behind left, step out on left, lift up right foot behind left leg and slap on right heel

## **¼ HITCH, ¼ HITCH, HEEL SWITCHES, CLAP**

- 1-2 ¼ turn right while stepping forward on right foot, clap on left knee while hitching
- 3-4 ¼ turn right while stepping forward on left foot, clap on right knee while hitching
- 5& Put right heel forward, put right foot next to left foot, weight on right foot
- 6& Put left heel forward, put left foot next to right foot, weight on left foot
- 7 Put right heel forward
- &8 Clap twice

## **SHUFFLE RIGHT, ROCK, SHUFFLE LEFT, ROCK**

- 1&2 Shuffle right, left, right
- 3-4 Rock back on left foot, recover on right foot
- 5&6 Shuffle left, right, left
- 7-8 Rock back on right foot, recover on left foot

## **REPEAT**

## **TAG**

After 2nd wall

## **HIP BUMS**

- 1-2 Hip right, left

## **RESTART**

During 5th wall. After count 24 (after making heel switches and 2 claps, the 2nd time) start from the beginning (walk, walk)