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| NC1 |  |

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| **拍数:** | 16 | **墙数:** | 4 | **级数:** | Beginner | . |
| **编舞者:** | Sean Nash - April 2015 |
| **音乐:** | I See Me - Travis Tritt |
| . |

**Intro 16 Counts [18 seconds in]**

**Section 1: Nightclub Basic Right, Nightclub Basic Left, Rumba Box**

|  |  |
| --- | --- |
| 1 – 2 & | Extended right step to right side, rock left behind right, recover on right |

|  |  |
| --- | --- |
| 3 – 4 & | Extended left step to left side, rock right behind left, recover on left |

|  |  |
| --- | --- |
| 5 & 6 | Step right to right side, step left beside right, step right forward |

|  |  |
| --- | --- |
| 7 & 8 | Step left to left side, step right beside left, step left back |

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**Section 2: Sway, Sway, Right Chasse, Sway, Sway, Left Chasse 1/4 Turn Left**

|  |  |
| --- | --- |
| 1 – 2 | Step right to right side swaying hips right, sway hips left |

|  |  |
| --- | --- |
| 3 & 4 | Step right to right side, step left beside right, step right to right side |

|  |  |
| --- | --- |
| 5 – 6 | Sway hips left, sway hips right |

|  |  |
| --- | --- |
| 7 & 8 | Step left to left side, step right beside left, 1/4 turn left stepping left forward |

**Choreographer’s Note**

**This dance was choreographed as a simplified version of Tina Argyle’s improver dance “I See Me” to introduce beginners to nightclub two-step dances – hence the name NC1.**

**Contact: seantnash@gmail.com**