

I Thank You

拍数: 32 墙数: 4 级数: Easy Intermediate
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音乐: I Thank You - Lulu : (Album: Put A Little Soul In Your Heart - 3:27)



Introduction: 24 Counts (once beat kicks in) One Tag – CW Rotation

Alt. music: "I Thank You" by Sam and Dave

[1- 8] □ WALK, WALK, KICK BALL STEP, SYNCOPATED CROSS ROCKS R & L

1 - 2 Step R forward; Step L forward
3 Kick R forward to right diagonal (angle body slightly to right)
&4 Step ball of R beside L, Step L forward to left diagonal (angle body slightly to left)
5 - 6 Rock R across; Recover back on L
&7 - 8 Step R to right; Rock L across R; Recover back on R
& Step L to left

[9-16] □ JAZZ BOX 1/4 TURN R; FRENCH CROSS TRIPLE WITH DRAG, BALL CHANGE

1 - 4 Step R across L; Step L back; Turn 1/4 right step to R to right; Step L forward □ [3 o'clock]
5 Step ball of R crossed behind L (body angled slightly right)
& Step/Lock L across R (moving back slightly)
6-7 (Square body up to 3 o'clock) Large step back with R; Drag either toe or heel of L back to R
&8 Rock ball of L back, Recover forward on R

[17-24] □ FORWARD, 1/2 TURN L, COASTER STEP, HIP BUMPS R & L □

1 - 2 Step L forward; Turn 1/2 left step R back □ □ □ □ □ [9 o'clock]
3&4 Step L back; Step R beside L; Step L forward
5&6 Place R to right forward diagonal bump hips R; Bump hips L; Bump hips R shifting weight to R
7&8 Place L to left forward diagonal bump hips L; Bump hips R; Bump hips L shifting weight to L

[25-32] 1/4 PIVOT TURNS x 2 with HIP ROLLS; SIDE, TOUCH, HOLD, SIDE, TOUCH, HOLD

1 - 2 Step R forward; Turn 1/4 left shift weight to L (roll hips CCW as you turn) □ [6 o'clock]
3 - 4 Step R forward; Turn 1/4 left shift weight to L (roll hips CCW as you turn) □ [3 o'clock]
&5 - 6 Step R to right; Touch L beside R; Hold
&7 - 8 Step L to left; Touch R beside L; Hold

Variation for counts 29-32:

&5&6 □ Step R to right; Touch L beside R; Step L to left; Touch R beside L
&7&8 □ Step R to right; Touch L beside R; Step L to left; Touch R beside L

Begin Again!

One 8 Count Tag:

After completing seven repetitions/walls; execute this 8 count Tag then Restart the dance from the beginning. Tag will begin facing 9 o'clock wall and restart will begin facing 12 o'clock wall. Tag will happen during the only instrumental section of the music.

Tag: □ Making a 3/4 Circle Around to the Left: Walk, Walk, Triple R, Walk, Walk, Triple L

1 - 2 Step R forward; Step L forward (beginning 3/4 circle left on Count 2)
3&4 Continuing the circle: Step R forward; Step L together; Step R forward
5- 6 Continuing the circle: Step L forward, Step R forward
7&8 Completing 3/4 left circle: Step L forward; Step R together; Step L forward

Christmas Selection: "Santa Baby" by Glee Cast - 115 bpm - 2:31 minutes

Album: Glee: The Music, The Christmas Album Volume 2 – Available from amazon.com and iTunes

