

I'm The One (P)

COPPERKNOB
STEPSHEETS

拍数: 64 墙数: 0 级数: Intermediate - Partner
编舞者: Jean LW LeQUEUX (FR) - March 2015
音乐: Billie Jean Bossa Nova by Susan Wong



RF: right foot; LF: left foot; FT: feet together; RL: right leg, LL: left leg, LA: legs apart, RT: right toes; LT: left toes; RH: right heel; LH: left heel; RK: right knee; LK: left knee, RP: right palm; FP: left palm; RAr: right arm; LAr: left arm; RSh: right shoulder; LSh: left shoulder; RE: right elbow, LE: left elbow; RHd: right hand, LHd: left hand, RHp: right hip; LHp: left hip, RTh: right thigh, LTh: left thigh; WoRF: weight on RF, WoLF: weight on LF

INSTRUCTIONS FOR PARTNERS:

PARTNERS ARE AROUND THE DANCE FLOOR, MOVING COUNTER-CLOCKWISE, HE STANDS INSIDE THE CIRCLE AND SHE STANDS OUTSIDE THE CIRCLE.

He starts with lyrics, WoLF

She starts with lyrics, WoRF

SECTION I: SIDE-TO-SIDE, MOONWALK BOSSA NOVA POSITION

Side-to-side; His RHd holds her LHd

HIS STEPS

Start WoLF, LT touches RH, RH down/on LT

- 1 Glide RF back, maintaining body bent forward, switch (LH down/on RT)
- 2 Glide LF back, maintaining body bent forward, switch (RH down/on LT)
- 3 Glide RF back, maintaining body bent forward
- 4 Tap LT near RH
- 5 Glide RF back, maintaining body bent forward, switch (LH down/on RT)
- 6 Glide LF back, maintaining body bent forward, switch (RH down/on LT)
- 7 Glide RF back, maintaining body bent forward
- 8 Tap LT near RF, FT

HER STEPS

Start WoRF, RT touches LH, LH down/on RT

- 1 Glide LF back, maintaining body bent forward, switch (RH down/on LT)
- 2 Glide RF back, maintaining body bent forward, switch (LH down/on RT)
- 3 Glide LF back, maintaining body bent forward
- 4 Tap RT near LH
- 5, 6, 7 like 1, 2, 3
- 8 Tap RT near LF, FT

SECTION II: JAZZ BOX, BOSSA NOVA BOX POSITION : SIDE-TO-SIDE; RELEASE HER/HIS HAND

HIS STEPS

BOSSA NOVA BOX

- 1 RF right
- 2 LF near right
- 3 RF behind
- 4 LT tap near RF, FT, LH down

JAZZ BOX

- 5 RF crosses LF
- 6 LF on left side

- 7 RF right
- 8 LT tap near RF

HER STEPS: BOSSA NOVA BOX

- 1 LF left
- 2 RF near left
- 3 LF behind
- 4 RT tap near LF, FT, RH down

JAZZ BOX

- 5 LF crosses RF
- 6 RF on right side
- 7 LF left
- 8 RT tap near LF

SECTION III: CORCOVADO FORWARD, VALPARAISO FORWARD POSITION: SIDE-TO-SIDE; RELEASE HER/HIS HAND

HIS STEPS

CORCOVADO: STRETCH ARMS, HOLD ARMS AT THE LEVEL OF SHOULDERS (LIKE A CROSS, THE CORCOVADO CROSS)

- 1 Step RF forward on left diagonal
- 2 Step LF forward on left diagonal
- 3 Step RF near LF, FT
- 4 Tap LT

VALPARAISO: STRETCH AND HOLD ARMS UP IN V, LIKE IN VALPARAISO

- 5 Step RF forward on right diagonal
- 6 Step LF forward on right diagonal
- 7 Step RF near LF, FT
- 8 Tap LT, FT, WoLF

HER STEPS

CORCOVADO: STRETCH ARMS, HOLD ARMS AT THE LEVEL OF SHOULDERS (LIKE A CROSS, THE CORCOVADO CROSS)

- 1 Step LF forward on right diagonal
- 2 Step RF forward on right diagonal
- 3 Step LF near RF, FT
- 4 Tap RT

VALPARAISO: STRETCH AND HOLD ARMS UP IN V, LIKE IN VALPARAISO

- 5 Step LF forward on left diagonal
- 6 Step RF forward on left diagonal
- 7 Step LF near RF, FT
- 8 Tap RT, FT WoRF

SECTION IV: SHE OVERTAKES HIM, SHE MAKES A HALF TURN LEFT, BOSSA NOVA SPIN START POSITION: SIDE TO SIDE;

HIS STEPS:

FT, WOLF, FLEX KNEES ON SPOT;

- 1 His RHd holds her LHd inviting her to overtake pulling her LHd to the left diagonal and release her hand; On spot, flex RK (LK stretched)
- 2 On spot, flex LK, stretch RK
- 3 On spot, flex RK (LK stretched)
- 4 On spot, Tap RT, stretch both knees

POSITION: FACE-TO-FACE

SPIN LEFT

- 5 His LHd against her RHd, LF behind
- 6 His LHd pushes her RHd, pivot
- 7 Spin 360° left
- 8 Tap LT near RF

END POSITION: EMBRACE

HER STEPS:

OVERTAKE, ½ TURN LEFT,

- 1 LF forward on left diagonal, overtaking him
- 2 RF near LF
- 3 LF behind preparing to turn
- 4 Pivot ½ turn left

POSITION: FACE-TO-FACE

BOSSA NOVA SPIN RIGHT

- 5 RHd against his LHd, RF behind
- 6 His LHd pushes her RHd, pivot
- 7 360 degrees turn
- 8 Tap RT near LT

END POSITION: EMBRACE

SECTION V: PROMENADE

POSITION: EMBRACE

HIS STEPS

- 1 ¼ turn right, turn chess left, WoRF
- 2 Step LF along dance line
- 3 Step RF
- 4 Tap LT

POSITION: SIDE-TO-SIDE, HIS RHD HOLDS HER LHD

- 5 Release left hand (her right hand) ¼ turn right, Step RF forward
- 6 Step LF forward
- 7 Step RF
- 8 Tap LT

HER STEPS

- 1 ¼ turn left, turn chess right, WoLF
- 2 Step RF along dance line
- 3 Step LF
- 4 Tap RT

POSITION: SIDE-TO-SIDE, HIS RHD HOLDS HER LHD

- 5 Release right hand (his left hand) ¼ turn left, Step LF forward
- 6 Step RF forward
- 7 Step LF
- 8 Tap RT

POSITION: SIDE-TO-SIDE, RELEASE HANDS

SECTION VI: SHE OVERTAKES HIM, PURSUIT, EMBRACE HIS STEPS: ON SPOT MOVES, THEN PURSUIT

- 1 His RHd holds her LHd inviting her to overtake, pulling her LHd to the left diagonal and release her LHd; On spot, flex RK (LK stretched)
- 2 On spot, flex LK, stretch RK
- 3 Step RF forward, following her
- 4 Tap LT
- 5 Step RF forward, following her
- 6 Step LF forward, following her
- 7 On spot, flex RK (LK stretched)
- 8 On spot, tap LT

POSITION: EMBRACE

HER STEPS OVERTAKING

- 1 LF forward on left diagonal, overtaking him
- 2 RF near LF
- 3 Step LF forward
- 4 Tap RT

PURSUIT

- 5 Step LF forward
- 6 Step RF forward
- 7 LF behind, ½ turn left facing him
- 8 Tap LT

POSITION: EMBRACE

SECTION VII: HABANERA BOSSA NOVA; RECIFE-RIO BRANCO (BOSSA NOVA SIDE ROCK) HIS STEPS: HABANERA

- 1 RF forward
- 2 Rock forth, lifting slightly LF
- 3 Rock back, lifting slightly RF
- 4 RF back, tapping toes near LF, FT

HIS STEPS: RECIFE-RIO BRANCO

- 5 RF right
- 6 Rock left, lifting slightly RF
- 7 Rock right, lifting slightly LF
- 8 Tap LT near RF

HER STEPS HABANERA

- 1 LF backward
- 2 Rock back, lifting slightly RF
- 3 Rock forth, lifting slightly LF
- 4 LF back tapping toes near RF, FT

RECIFE-RIO BRANCO

- 5 LF left
- 6 Rock right, lifting slightly LF
- 7 Rock left, lifting slightly RF

8 Tap RT near LF

POSITION: EMBRACE

SECTION VIII: VAREND (ZIGZAG); FRENCH BONJOUR, ENLAÇANDO (WRAPPING OUT AROUND HIS RIGHT ARM)

HIS STEPS: VAREND,

- 1 Step RF forward on right diagonal,
- 2 step LF forward on left diagonal
- 3 Step RF forward
- 4 Tap LT near RF

HIS STEPS: FRENCH BONJOUR, ENLAÇANDO

- 5 Release arms, his RHd holds her RHd ("bonjour"), RF slightly back
- 6 Invitation to wrap around his RHd, LF left
- 7 While wrapping , RF near LF
- 8 Tap LT near RF, release her RHd

POSITION: SIDE-BY-SIDE, HIS RHD HOLDS HER LHD

HER STEPS: VAREND

- 1 Step LF backward on left diagonal
- 2 Step RF backward on right diagonal
- 3 Step LF backward on
- 4 Tap RT near LF

HER STEPS: FRENCH BONJOUR, ENLAÇANDO WITH ½ TURN LEFT

- 5 Release arms, his RHd holds her RHd ("bonjour"), LF forward on left diagonal turning LF 90°
- 6 Invited to wrap around his right arm: pivot quarter turn left, stepping RF left
- 7 RHd down, preparing to finish the half-turn, LF near RF turning 90°, her RHd is now behind her back holding his RHd
- 8 Tap RT near LF, release RHd

POSITION: SIDE-BY-SIDE: HIS RHD HOLDS HER LHD

Do it again, cowboys (gaúchos) & cowgirls (gaúchas)!

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