I Get Up Again

拍数: 32	墙数: 2	级数: Improver

编舞者: Ann-Kristin Sandberg (NOR) - February 2018

音乐: Stronger Than I've Ever Been (Piano Edit) - Kaleena Zanders

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INTRO: 16 counts (dance start 1 count before vocal)

Forw-Rock recover-Back with sweep-Behind-Side-Rock recover-1/2 turn R-Rock recover-1/8 turn L-Side step

1-2&	Step R forw, Step L forw, Recover onto R
3-4&	Step L backw & sweep R to R side at same time, Cross R behind L, Step L to L side
5-6&	Step R diagonal forw to L(10.30),Recover onto L, ½ turn R stepping R forw(4.30)
7-8&	Step L forw, Recover onto R, 1/8 turn L stepping L to L side (F03)

Rock recover-1/2 turn R-Step-1/2 turn L-1/2 turn L-Rock recover-Together-Back-1/4 turn R recover

1-2&	Step R forw, Recover onto L, ½ turn R stepping R forw(F09)
3-4&	Step L forw, ½ turn L stepping R backw, ½ turn L stepping L forw(F09)
5-6&	Step R forw, Recover onto L, Step R next to L
7-8&	Step L backw, ¼ turn R stepping R to R side, Recover onto L(F12)

Side-Back Recover-1/4 turn L with sweep-Forw with sweep-Rock recover-1/4 turn L-Cross-Side-Back Recover

1-2&	Step R to R side(long step),Step L backw, Recover onto R
3-4	¼ turn L stepping L forw(09)& sweep R out to R side at same time, Step R forw. & sweep L out to L side at same time
5&6&	Step L forw, Recover onto R, ¼ turn L stepping L to L side, Cross R over L (F06)
7-8&	Step L to L side, Step R backw, Recover onto L

Side-Back Recover-1/4 turn L with sweep-1/4 turn L-Touch-Step-Pivot ½ turn L-Forw recover-Back recover

1-2&	Step R to R side, Step L backw, Recover onto R
3-4	¼ turn L stepping L forw(F03)Sweep R out to R side at same time, ¼ turn L touching R next to L (F12)
5-6	Step R forw, Pivot ½ turn L (F06)
7&8&	Step R forw, Recover onto L, Step R backw, Recover onto L

(Ending: The dance ends F 06..Make ½ turn L stepping R backw & touch L next to R (F12))

ENJOY & HAPPY DANCING!