

I'm Torn

拍数: 64 墙数: 2 级数: Intermediate Cha Cha
编舞者: Keith Stewart (N.IRE) & Imelda McDaid (IRE) - March 2020
音乐: Torn - James TW



SECTION 1 - FULL TURN WITH 4 DIAMOND STEPS

- 1 Step right foot to right side, sweeping left foot across in front of right.
2&3 Step left foot across right, step right foot to right side, step back on left to right diagonal (to 4:30), making a 1/8 turn left.
4&5 Step right foot behind left, step left foot to left side making a 1/8 turn left (straightening up to 9:00), step forward on right foot to right diagonal (to 7:30), making a further 1/8 turn left.
6&7 Step left foot across right, step right foot to right side, straightening up to 6:00 making a 1/8 turn left, step left foot back to right diagonal (to 10:30) making a further 1/8 turn left.
8&9 Step right foot behind left, step left foot to side making a 1/8 turn left (straightening up to 3:00), make a 1/4 turn left stepping right foot forward (to face 12:00).

SECTION 2 - LEFT MAMBO STEP WITH TOUCHES RIGHT AND LEFT, LEFT COASTER STEP, RIGHT LOCK STEP.

- 10&11 Step left foot forward, recover weight onto right foot, step left foot back beside right.
12&13 Touch right toe beside left, step right foot back, touch left toe beside right.
14&15 Step left foot back, step right foot beside left, step left foot forward.
16&17 Step forward on right foot, step left foot in behind right, step right foot forward.

SECTION 3 - FULL TURN RIGHT, LEFT CROSS ROCK SIDE STEP, TOGETHER AND SIDE RIGHT AND LEFT.

- 18,19 Make a full turn over the right shoulder travelling forward stepping left, right.
20&21 Rock left foot across right, recover weight onto right foot in place, step left foot to left side.
22&23 Step right foot beside left, step left foot in place, step right foot to right side.
24&25 Step left foot beside right, step right foot in place, step left foot to left side.

SECTION 4 - SWAYS WITH A 1/4 TURN LEFT, LEFT SHUFFLE FORWARD, RIGHT STEP PIVOT 1/2 TURN LEFT.

- 26-28 Sway right then left, sway right again, making a 1/4 turn left, taking the weight onto right foot.
29&30 Step left foot forward, step right foot beside left, step left foot forward.
31,32 Step forward on right foot, make a pivot 1/2 turn over left shoulder, taking weight onto left foot.

SECTION 5 - RIGHT SHUFFLE FORWARD, FULL TURN RIGHT, LEFT MAMBO DRAG, RIGHT BALL CHANGE.

- 33&34 Step forward on right foot, step left foot beside right, step forward on right foot.
35,36 Make a full turn right travelling forward stepping left, right.
37&38,39 Rock weight forward onto left foot, recover in place onto right, step left foot back a large step, drag right foot to left over one full count (39).
&40 step right foot beside left, step left foot slightly forward.

(RESTART HERE ON WALL 4, MAKING A 1/4 TURN RIGHT TO FACE 12:00 TO START THE DANCE AGAIN)

SECTION 6 - SYNCOPATED CROSS AND SIDE ROCKS WITH A TOUCH, RIGHT SIDE SHUFFLE, LEFT SAILOR 3/4 TURN LEFT.

- 41&42& Rock right foot across left, recover weight onto left foot in place, rock right foot to right side, recover weight onto left foot in place.
43&44 Rock right foot across left, recover weight onto left foot in place, touch right toe beside left.
45&46 Step right foot to right side, step left foot beside right, step right foot to right side.

47&48 Step left foot behind right, make a ¼ turn left stepping back on right foot, make a further ½ turn stepping left foot forward.

(RESTART HERE ON WALL 2)

SECTION 7 - RIGHT POINT CROSS, LEFT KICK ½ TURN TOUCH, RIGHT CROSS POINT, LEFT EXTENDED ½ TURN LOCK STEP.

49,50 Point right toe to right side, step right foot across left.

51&52 Kick left foot forward, make a ½ turn right stepping down on left foot, touch right toe forward.

53,54 Step right foot across left, point left toe to left side.

55&56&57 Making a ¼ turn left, step forward on left, step right foot in behind left, making a further ¼ turn left step forward on left, step right foot in behind left, step forward on left.

SECTION 8 - RIGHT BACK ROCK RECOVER, RIGHT & LEFT TOE SWITCHES, CROSS FULL TURN UNWIND, SIDE TOGETHER.

58,59 Rock back on right foot in place, recover onto left foot.

60&61 Point right toe to right side, step right foot beside left, point left toe to left side.

62,63 Cross left foot over right, unwind a full turn right, transferring weight onto left foot, allowing right foot to lift off the ground.

64& Step right foot to right side, step left foot beside right (this will become a shuffle to the right when you begin the dance again)

NOTE - 2 RESTARTS

WALL 2 - YOU WILL DANCE AS FAR AS COUNT 48, FINISHING YOUR SAILOR ¾ TURN, AND WILL BE FACING 12:00, SIMPLY START THE DANCE AGAIN, STEPPING RIGHT FOOT TO RIGHT SIDE.

WALL 4 - YOU WILL FINISH YOUR RIGHT BALL CHANGE, FACING 9:00, AT WHICH POINT YOU MAKE A QUARTER TURN RIGHT TO BRING YOU BACK TO 12:00 AND RESTART THE DANCE STEPPING RIGHT FOOT TO RIGHT SIDE.

Music is absolutely beautiful, and hopefully you will enjoy the dance as much as we enjoyed choreographing it!!

Any queries, please don't hesitate to contact myself on kaystew@hotmail.com or look for me on facebook.

Last Update - 1 Oct. 2020-R2
