壇数： 2
级数：Phrased Advanced
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音乐：Born for This－The Score ：（iTunes）


Intro： 32 counts，approx． 15 seconds，starting on the word＂checking＂．
Sequence：A－B－B－Tag1－A－B－B－B－A（32）－Tag2－B－B－B－Ending
A－1：Side．Touch－Ball－Step．Side．Behind－Side－Cross．Heel Bounce $1 / 2$ Unwind．
1－2
（1）Step to the right on R．
（2）Touch L next to R．
\＆3－4
（\＆）Ball step L next to
R．（3）Step forward on R
（4）Step to the left on L ．
5 \＆ 6
（5）Step $R$ behind $L$
（\＆）Step to the left on $L$ ．
（6）Cross R over L．
7－8
（7）Bounce heels turning $1 / 4 \mathrm{~L}$ ．
（8）Bounce heels turning $1 / 4 L$ placing weight on $L$ ．$\{6: 00\}$

A－2：Side．Sailor Step．Behind．Chasse $1 / 4$ Turn．Step $1 / 2$ Turn．

| $1-2$ | （1）Step to the right on R．（2）Step $L$ behind $R$ ． |
| :--- | :--- |
| $\& 3-4$ | （\＆）Step slightly to the right on R．（3）Step to the left on $L$ ．（4）Step $R$ behind $L$. |
| $5 \& 6$ | （5 \＆6）Chasse $1 / 4$ turn $L$ stepping $L, R, L$ ．$\{3: 00\}$ |
| $7-8$ | （7）Step forward on R．（8）Turn $1 / 2 L$ placing weight on $L .\{9: 00\}$ |

A－3： $1 / 2$ Sweep． $1 / 4$ Sweep．Back with Drag．Walk Forward L，R．

| $1-2$ | （1）Turn $1 / 2 L$ stepping back on $R$ ，start sweeping $L$ from front to back．（2）Finish sweeping $L$ ． <br> \｛3：00\} |
| :--- | :--- |
| $3-4$ | （3）Step back on $L$ turning $1 / 4 R$ ，start sweeping $R$ from front to back．（4）Finish sweeping $R$ ． <br> $5-6$$\{6: 00\}$ <br> $7-8$（5）Step back on $R$ ，start dragging $L$ towards $R$ ．（6）Finish dragging $L$ ． <br> （7，8）Walk forward $L, R$ ． |

A－4：Slow Step $1 / 2$ Turn．Hold．Synchopated Side Rock．Weave Right．
1－2
（1）Step forward on $L$ ．
（2）Start turning $1 / 2$ R．$\{12: 00\}$

3－4
（3）Finish turning $1 / 2$ R placing weight on R．（4）Hold．
\＆5－6
（\＆）Ball rock to the left on L．（5）Recover on R．（6）Cross L over R．
7－8
（7）Step to the right on R．（8）Step L behind R．
－Tag 2 occurs here at wall 8 －
A－5：Ball－Cross Rock．Ball－Cross．Back．Coaster Step．Stomp．Hold．

| $\& 1-2$ | （\＆）Ball step $R$ next to $L$ ．（1）Cross rock $L$ over R．（2）Recover on R． |
| :--- | :--- |
| \＆3－4 | （\＆）Ball step $L$ next to R．（3）Cross R over L．（4）Step back on L． |
| $5 \& 6$ | （5 \＆6）Coaster step on R，L，R． |
| $7-8$ | （7）Stomp forward on L．（8）Hold． |

A－6：Monterey $1 / 2$ Turn．Synchopated Side Rock．Cross．Chasse $1 / 4$ Turn Left．Rock Back．
1－2（1）Point to the right with R．（2）Turn $1 / 2 R$ closing $R$ next to $L$ ．$\{6: 00\}$
\＆3－4（\＆）Ball rock to the left on L．（3）Recover on R．（4）Cross L over R．
5 \＆ 6 （5）Step to the right on R．（\＆）Close $L$ next to R．（6）Turn $1 / 4 L$ stepping back on R．$\{3: 00\}$
7－8
（7）Rock back on L，prepping upper body to the left．（8）Recover on R．
A－7：Full Spiral Turn．Step with Sweep．Weave Right．
1－2（1）Step forward on $L$ ，starting to make a full spiral turn R．（2）Finish making the full spiral turn．
3－4（3）Step forward on R，start sweeping L from back to front．（4）Finish sweeping L．
5－6（5）Cross L over R．（6）Step to the right on R．
7－8（7）Step L behind R．（8）Step to the right on $R$ ．

A - 8: Diagonal Rock Forward. Hold. 1/8 Ball-Cross. $1 / 4$ Back. $1 / 4$ Forward. $1 / 2$ Back.
1-2 (1) Turn 1/8 R rocking forward on $L$, start making a small body roll forward. \{4:30\}(2) Finish making body roll.
3-4
(3) Recover on R. (4) Hold.
\& 5-6 (\&) Ball step L next to R, turning 1/8 L. (5) Cross R over L. (6) Turn $1 / 4 \mathrm{R}$ stepping back on L . \{6:00\}
7-8 (7) Turn $1 / 4 \mathrm{R}$ stepping forward on R . (8) Turn $1 / 2 \mathrm{R}$ stepping back on L . $\{3: 00\}$

## A - 9: $1 / 4$ Side, Lift L Hand. Lift R Hand. Jazz Box with Cross.

| $1-2$ | (1) Turn $1 / 4 R$ stepping to the right on $R$, start lifting $L$ hand in the air with palm facing up. <br> \{6:00\}(2) Finish lifting $L$ hand. |
| :--- | :--- |
| (3) Place weight on $L$, pull down $L$ hand and start lifting $R$ hand in the air with palm facing |  |
| up. | (4) Finish lifting $R$ hand. |
| $5-6$ | (5) Pull down $R$ hand crossing $R$ over $L$. (6) Step back on $L$. <br> $7-8$ |
| (7) Step to the right on $R$. (8) Cross $L$ over $R$. |  |

A - 10: Hand Movements while doing: Side, Leaning R, L. Walk Back R, L. Rock Back. Recover with Hitch.
1-2 (1) Step to the right on R. (2) Lean to the right.
3-4 (3) Step to the left on $L$ and straighten body. (4) Lean to the left,
5-6 $(5,6)$ Walk back on $R, L$.
7-8 (7) Rock back on R. (8) Recover on L, hitching R forward.

## Hand Movements

| 1-2 | (1) Push $L$ hand forward. (2) Keep $L$ hand straight out and move it anti-clockwise to the left <br> side. <br> (3) Drop $L$ hand, and push $R$ hand forward.(4) Keep $R$ hand straight out and move it <br> clockwise to the right side. |
| :--- | :--- |
| (5) Drop $R$ hand and stretch $L$ hand slightly down and out to the left.(6) Stretch $R$ hand |  |
| slightly down and out to the right. |  |
| (7) Bring both hands together at the center of your chest, as if you are making a prayer. (8) |  |
| Bring both hands up in the sky, forming them into fists. |  |

B - 1: Hand Movements while doing: Stomp Side. Hold. Walk Forward L, R. Side. Together. Walk Back L, R.
1-2 (1) Stomp to the right on R. (2) Hold.
3-4 $(3,4)$ Walk forward on $L, R$.
5-6 (5) Step to the left on L. (6) Close $R$ next to $L$.
7-8 $(7,8)$ Walk back on $L, R$.
Hand Movements
1-2 (1) Throw hands down to sides next to thighs, still formed into fists. (2) Keep hands next to thighs.
3-4 (3) Keeping hands as fists, cross arms in front of chest a little bit away from your body.(4) Bring arms out to sides and elbows bent 90 degrees with fists up, showing that you are strong!
5-6 (5) Lower $L$ hand towards center of chest keeping elbow to the side,palm facing down and fingers pointing R.(6) Lower $R$ hand towards center of chest keeping elbow to the side,palm facing down, fingers pointing $L$ and $R$ hand over $L$.
7-8 (7) Roll hands forward. (8) Pull both arms back forming hands into fists, keeping them in waist height.

B - 2: Step Back with Low Kick and Hand Movements. Step. Hold. Ball. Rock Forward. ½ Step. Step.
1-2 (1) Step back on L, lifting R slightly from the ground and throw both hands up in the sky with palms facing up.(2) Keep hands in the sky and $R$ lifted from the ground.
3-4 (3) Step down on R, throwing both hands down. (4) Hold.
\& 5-6
(\&) Ball step L next to R. (5) Rock forward on R. (6)
(6) Recover on L.

7-8
(7) Turn $1 / 2 R$ stepping forward on $R$. (8) Slightly step forward on $L$. \{12:00\}

B-3: Hand Movements while doing: Side, Point. Side, Point. Side Rock. Behind. Side.
(1) Step to the right on R. (2) Point to the left with $L$.

3-4
(3) Step to the left on $L$. (4) Point to the right with $R$.

5-6 (5) Rock to the right on R. (6) Recover on L.
7-8
(7) Step $R$ behind $L$. (8) Step to the left on $L$.

Hand Movements
1-2 (1) Bring $R$ arm up with hand open.(2) Pull $R$ arm down, placing elbow at chest level and hand still up as you close fist.
3-4 (3) Bring $L$ arm up with hand open.(4) Pull $L$ arm down, placing elbow at chest level and hand still up as you close fist.
5-6 (5) Bring both hands slightly out to sides opening $R$ hand with palm facing up and fingers pointing out. Keep $L$ hand as a fist. (6) Bring both hands together, placing $L$ fist into palm of $R$ hand. $R$ hand fingers pointing up.
7-8 $(7,8)$ Keep hands in the same position.
B-4: Step Forward with Hitch and Hand Movement. Step with Clap. Hold. Back. $1 / 2$ Step. Step $1 / 2$ Turn with Hitch.
1-2 (1) Step forward on R, hitching L forward and start bringing hands out to the sides, palms facing in with elbows bent. (2) Keep $L$ knee in the air and continue bringing hands out to the sides.
3-4 (3) Step down on L, clapping both hands forward. (4) Hold.
5-6 (5) Step back on R. (6) Turn $1 / 2 L$ stepping forward on $L$. $\{6: 00\}$
7-8 (7) Step forward on R. (8) Turn $1 / 2 L$ placing weight on $L,\{12: 00\}$ hitching $R$ and bring both hands up in the sky, forming them into fists.

* You will always do the hitch with hands up in the sky when a B-part goes into another B-part.

If you go from B to Tag or B to A you will not do the hitch with hands. *

- Tag 1 occurs here after wall 3 facing 6'00 -

Tag-1: Slow Step $1 / 2$ Turn.
1
(1) Step forward on R. $\{6: 00\}$

2-4
$(2,3,4)$ Slowly turn $1 / 2 L$ and place weight on $L$ at count $4 .\{12: 00\}$

Tag - 2: $1 / 4$ Step. $1 / 4$ Sweep. Cross. Hitch.
$\begin{array}{ll}1-2 & \text { (1) Turn } 1 / 4 R \text { stepping forward on } R \text {. (2) Sweep } L \text { from back to front turning } 1 / 4 \text { to the right. } \\ \{6: 00\}\end{array}$
3-4 (3) Cross L over R. (4) Hitch $R$ and bring both hands up in the sky, forming them into fists.
Ending: Step to the right on R, bringing hands down and slowly out to the sides.
Have fun!

