I Want To Dance

拍数: 32

级数: Improver

编舞者: Silvia Schill (DE) - May 2025

音乐: Dance With You - Thomas Rhett

Note: The dance begins after 32 beats with the cue of the chant.

S1: Rock forward, pony steps back right + left, rock back

- 1-2 Step forward with right - return weight to left foot
- 3&4 Step back with right/lift left knee - step left foot next to right and step back with right/lift left knee
- 5&6 Step back with left/lift right knee- step right foot next to left and step back with left/lift right knee
- 7-8 Step back with right - return weight to left foot

S2: Walk 2-step-lock, step, step, pivot ½ right, shuffle forward

- 1-2 2 steps forward (right - left)
- &3-4 Step forward with right and left foot cross right foot over right (turning upper body to the left) step forward with right foot
- 5-6 Step forward with left foot - 1/2 turn right on both balls, end with weight on right (6 o'clock)
- 7&8 Step forward with left foot - step right foot next to left and step forward with left foot

(Restart: On the 4th round - towards 9 o'clock - stop here and start again)

S3: Rock forward & cross, side, sailor step turning ¼ I, rock forward

- 1-2 Step forward with right foot - return weight to left foot
- &3-4 Step right foot next to left and cross left foot over right - step to right with right foot
- Swing left foot back in a circle and cross behind right 1/4 turn left, step right foot next to left 5&6 and step forward with left foot (3 o'clock)
- 7-8 Step forward with Right - Return weight to left foot

S4: Shuffle back turning ½ right, shuffle forward turning ½ right, rock back, step, pivot ½ left

- 1&2 1/4 turn right and step to right with right - Step left foot next to right, 1/4 turn right and step forward with right (9 o'clock)
- 3&4 1/4 turn right and step to left with left - Step right foot next to left, 1/4 turn right and step back with left (3 o'clock)
- 5-6 Step back with right - Return weight to left foot
- 7-8 Step forward with right - 1/2 turn left on both balls, end weight on left (9 o'clock)

Repeat to end

Tag/Bridge (after end of 9th round - 6 o'clock)

Arm movements

1-4 Move both arms forward, each in a semicircle to the hips

Last Update: 3 Jun 2025





墙数:4