

Miss Incredible

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Jo Thompson Szymanski (USA) - September 2014
音樂: Miss Incredible - Mark Ballas : (CD: Kicking Clouds)



(32 count intro) - (No Tags – No Restarts)

Note: Check out Mark Ballas' music video to this song (on youtube)...really fun to watch!

[1-8] □ FULL TURN R, R TRIPLE/CHASSE, CROSS, SIDE, SAILOR STEP with 1/4 TURN L

1-2 Turn 1/4 right step R forward; Turn 1/2 right step L back
3&4 Turn 1/4 right step R to right; Step L together; Step R to right
5-6 Step L across R; Step R to right
7&8 Turning 1/4 left: Step L behind R; Step R to right; Step L forward

Variation: On counts 3&4, you may choose to do another full turn right.

[9-16] □ DIAGONAL STEP TOUCHES, SIDE ROCK AND CROSS, HOLD, BALL CROSS

1-2 Angle body slightly L: Step R diagonally forward/side right; Touch L beside R
3-4 Angle body slightly R: Step L diagonally forward/side left; Touch R beside L

Styling: On the step touches - get funky...bend knees and stay low.

5&6 Square up: Rock R to right; Recover onto L; Step R across L
7 Hold
&8 Step ball of L to left; Step R across L

[17-24] □ SIDE ROCK LEFT, 3/8 TURN R, WALK x 2, ROCK FORWARD, RECOVER, BACK x 3

1-2 Rock L to left (push hips to left); Turn 3/8 right shift weight to R (facing 1:30)
3-4 Walk forward L, R (toward 1:30) with lots of attitude!
5-6 Rock L forward (add some style with hips or roll body back); Recover back to R
7&8 3 small steps back L, R, L (still facing 1:30 – moving back toward 7:30)

Styling: On 3 small steps back - add some hips, knees, shoulders, swivels/fan toe out, etc.

[25-32] □ BACK, TOUCH, "SAMBA" 3/8 TURN L, JAZZ BOX CROSS

1 Step R back with R shoulder slightly back

Styling: As you step back, you may roll body back/down into a "sit position" bending R knee.

2 Touch ball of L in place/forward (L knee bent)
3&4 Step L forward toward 1:30 turning 1/8 left; Turn 1/4 left rock ball of R to right; Recover to L
5-6 Step R across L; Step L back
7-8 Step R to right; Step L across R (prep body slightly left to prepare for turn)

Variation: On counts 29-32, instead of the jazz box, you may cross R over L and slowly unwind a full turn left ending with weight on L and body prepped to the left.

START AGAIN.

ENDING: You will be facing the front (12:00) at the end of the song/end of the dance. You have one extra count to do your most "incredible" pose!

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