I Choose You

拍數: 48

級數: Improver

編舞者: Diane Likhite (USA) - 2014

音樂: I Choose You - Sara Bareilles : (iTunes & amazon.com)

牆數: 1

Choreographer's Note: This is danced in half time tempo. Using that tempo, wait 32 counts to begin on the words "I'll unfold before you..."

[1-8] TAP & STEP BACK 4X

- 1-4 Tap R to right side, step back on R, Tap L to left side, step back on L,
- 5-8 Tap R to right side, step back on R, Tap L to left side, step back on L

[9-16] C "BUTTERFLY" TAPS

- 1&2&3&4& Tap R to diagonal (1:30), tap R next to L, tap R to right side, tap R next to L, tap R to lower diagonal (4:30), tap R next to L, tap R to right side, step R next to L
- 5&6&7&8& Tap L to diagonal (10:30), tap L next to R, tap L to left side, tap L next to R, tap L to lower diagonal (7:30), tap L next to R, tap L to left side, step L next to R

[17-24]□SKATE SHUFFLE

- 1,2 3&4 Skate R (slightly on diagonal), skate L (slightly on diagonal), skate R,L, R (slightly on diagonal)
- 5,6 7&8 Skate L (slightly on diagonal), skate R (slightly on diagonal), skate L, R, L (slightly on diagonal)

[25-32]□¼ PIVOT TURN, BOUNCE STEPS TWICE

1-4 Step forward R, pivot ¼ left shifting weight to L, bounce heels twice in place (weight on L)

5-8 Step forward R, pivot ¼ left shifting weight to L, bounce heels twice in place (weight on L)

[33-40] 1/4 PIVOT TURN, BOUNCE STEPS TWICE

1-8 Repeat the last 8 counts

[41-48]□QUICK EXTENDED VINE R & L

- 1&2&3&4& Step R to right side, step L behind R, step R to right side, step L in front of R, step R to right side, step L behind R, step R to right side, tap L next to R,
- 5&6&7&8& Step L to left side, step R behind L, step L to left side, step R in front of L, step L to left side, step R behind L, step L to left side, tap R next to L.

Begin Again!

TAG: After dancing 4 times, Sway R, L, R, L (1-4) then begin dance for 5th & final time.

*To create a 4 wall dance, begin again by turning ¼ to the right as you start dance.

Contact: likhite@sbcglobal.net