I Will Follow Him (我願跟隨他) (zh)

拍數: 72 **牆數:** 4 **級數:** Phrased Improver

編舞者: Amy Yang (TW) - 2017年03月

音樂: I Will Follow Him - Peggy March

Intro : 32 counts - Sequence of dance : A A B / A Tag B Tag A / A B B

PART A – 40 counts

Sec. A1: SIDE, BEHIND, 1/4 TURN R, FORWARD SHUFFLE, FORWARD, PIVOT ½ TURN R, 1/2 TURN R BACKWARD SHUFFLE

1-2,3&4	Step RF to R, Cross LF behind RF, 1/4 turn R step forward on RF, Lock LF behind RF, Step RF forward(03:00)
5-6,7&8	Step LF forward, Pivot 1/2 turn R step RF forward, 1/2 turn R step LF backward, Lock RF in front of LF, step LF backward (03:00)
1-2,3&4	右足右踏,左足交叉右足後,右轉1/4右足前踏,左足鎖步於右足後,右足前踏(03:00)
5-6,7&8	左足前踏,右軸轉1/2右足前踏,右轉1/2左足後踏,右足鎖步於左足前,左足後踏 (03:00)

Sec. A2: BACK, RECOVER, FORWARD SHUFFLE, FORWARD, PIVOT 1/4 TURN R, CROSS SHUFFLE

1-2,3&4	Step RF back, Recover onto LF, Step RF forward, Cross LF behind RF, Step RF forward
5-6,7&8	Step LF forward, Pivot 1/4 turn R step on RF, Cross LF over RF, Step RF to R, Cross LF over RF(06:00)
1-2,3&4	右足後踏,重心回左足,右足前踏,左足鎖步於右足後,右足前踏
5-6,7&8	左足前踏,右軸轉1/4 右足踏,左足交叉右足前,右足右踏,左足交叉右足前(06:00)

Sec. A3: HALF RUMBA BOX, FORWARD SHUFFLE(R&L)

1-2,3&4	Step RF to R, Step LF beside RF, Step RF forward, Lock LF behind RF, Step RF forward
5-6,7&8	Step LF to L, Step RF beside LF, Step LF forward, Lock RF behind LF, Step LF forward
1-2,3&4	右足右踏,左足併於右足旁,右足前踏,左足鎖步於右足後,右足前踏
5-6,7&8	左足左踏,右足併於左足旁,左足前踏,右足鎖步於左足後,左足前踏

Sec. A4: Forward, RECOVER, 1/2 TURN R, FORWARD SHUFFLE, FORWARD, PIVOT 1/4 TURN R, CROSS SHUFFLE

1-2,3&4	Step RF forward, Recover onto LF, 1/2 turn R step forward on RF, Lock LF behind RF, Step RF forward(12:00)
5-6,7&8	Step LF forward, Pivot 1/4turn R step on RF, Cross LF over RF, Step RF to R, Cross LF over RF(03:00)
1-2,3&4	右足前踏,重心回左足,右轉 1/2 右足前踏,左足鎖步於右足後,右足前踏(12:00)
5-6,7&8	左足前踏,右軸轉 1/4 右足踏,左足交叉右足前,右足右踏,左足交叉右足前(03:00)

Sec. A5 SIDE, RECOVER, CHA CHA(R&L)

1-2,3&4	Step RF to R, Recover onto LF, Step on RF in place, Step on LF in place, Step on RF in place
5-6,7&8	Step LF to L, Recover onto RF, Step on LF in place, Step on RF in place, Step on LF in place
1-2,3&4	右足右踏,重心回左足,右足踏,左足踏,右足踏
5-6,7&8	左足左踏,重心回右足,左足踏,右足踏,左足踏

PART B – 32 counts

Sec. B1: HEEL SWIVELS R, HOLD(R&L)

1 – 4	Swivel heels to R, Swivel toes to R, Swivel heels to R, Hold and clap hands(weight onto RF)
5 – 8	Swivel heels to L, Swivel toes to L, Swivel heels to L, Hold and clap hands(weight onto LF)
1 – 4	旋轉兩足腳腫向右外側, 旋轉兩足脚趾向右外側, 旋轉兩足腳腫向右外側, 停拍及拍手(右足重心)
5 – 8	旋轉兩足腳腫向左外側, 旋轉兩足脚趾向左外側, 旋轉兩足腳腫向左外側, 停拍及拍手(左足重心)

Sec.B 2: FORWARD, TOUCH, BACKWARD, TOUCH, BACKWARD, TOUCH, FORWARD, TOUCH

1 – 2	Step RF forward R diagonal, Touch LF beside RF and clap hands
3 – 4	Step LF backward L diagonal, Touch RF beside LF and clap hands
5 – 6	Step RF backward R diagonal, Touch LF beside RF and clap hands
7 – 8	Step LF forward L diagonal, Touch RF beside LF and clap hands
1 – 2	右足右斜前踏, 左足點收於右足旁及拍手
3 – 4	左足左斜後踏, 右足點收於左足旁及拍手
5 – 6	右足右斜後踏, 左足點收於右足旁及拍手
7 – 8	左足左斜前踏, 右足點收於左足旁及拍手

Sec. B3: SIDE CHASSE, BACK, RECOVER (R&L)

1&2,3-4	Step RF to R, Step LF beside RF, Step RF to R, Step LF back, Recover onto RF
5&6,7-8	Step LF to L, Step RF beside LF, Step LF to L, Step RF back, Recover onto LF
1&2,3-4	右足右踏,左足併於右足旁,右足右踏,左足後踏,重心回右足
5&6,7-8	左足左踏,右足併於左足旁,左足左踏,右足後踏,重心回左足

Sec. B4: HEEL GRIND WITH 1/4 TURN R, BACK, RECOVER(x2)

1 – 4	Touch RF heel forward and grind to R, Making 1/4 turn R step back on LF, Step RF back, Recover onto LF(09:00)
5 – 8	Touch RF heel forward and grind to R, Making 1/4 turn R step back on LF, Step RF back, Recover onto LF(12:00)
1 – 4	右足腳腫前點向右磨轉,右轉 1/4 左足後踏,右足後踏,重心回左足(09:00)
5 – 8	右足腳腫前點向右磨轉,右轉 1/4 左足後踏,右足後踏,重心回左足(12:00)

Start again.

Tag : FORWARD, PIVOT 1/2 TURN L, FORWARD SHUFFLE, FORWARD, PIVOT 1/2 TURN R, FORWARD SHUFFLE

1-2,3&4	Step RF forward, Pivot 1/2 turn L step on LF, Step RF forward, Lock LF behind RF, Step RF forward
5-6,7&8	Step LF forward, Pivot 1/2 turn R step on RF, Step LF forward, Lock RF behind LF, Step LF forward
1-2, 3&4	右足前踏,左軸轉 1/2 左足踏,右足前踏,左足鎖步右足後,右足前踏
5-6,7&8	左足前踏,右軸轉 1/2 右足踏,左足前踏,右足鎖步於左足後,左足前踏

Ending : After wall 9, Step RF forward, 1/4 turn L to face the front(facing 12:00)
結束:第九面牆跳完,右足前踏,左轉 1/4 面向前(面向12: 00)

Have Fun & Happy Dancing !

Amy Yang: yang43999@gmail.com