

I Was Made

拍數: 32 牆數: 4 級數: Easy Intermediate
編舞者: Hiroko Carlsson (AUS) - December 2021
音樂: I Was Made (feat. Le Pedre) - VINAI



(Dance starts on lyrics)

[S1] Side, Fwd Rock, Side Shuffle, Fwd Rock, Side

1 2 3 Step R to the side, Hop/rock forward on L and hook R behind, Recover weight on R
4&5 Step L to the side, Step R next to L, Step L to the side
6 7 8 Hop/rock forward on R and hook L behind, Recover weight on L, Step R to the side

[S2] Cross, Side, Behind Rock, Side Rock-Cross Touch-Unwind 1/2R-Together

1 2 Cross L over R, Step R to the side
3 4 Rock L behind R, Replace weight on R
5&6 Rock L to the side, Replace weight on R, Touch/cross L toe over R
7 8 Unwind 1/2R weight ends on L, Step R together (6:00)

[S3] Twist Heels R-L-R with 1/8L, Back Rock, Step-Pivot 1/2R, Run-Run-Together

1&2 Twist both heels to the right, Twist both heels to the left, Twist both heels to the right making a 1/8 turn left (4:30)
3 4 Rock back on L, Replace weight on R
5 6 Step forward on L, Make a 1/2 turn right recover weight on R (10:30)
7&8 Run forward on L-R (7&), Step L together (8)

[S4] Twist Heels L-R-L with 1/4R, Back Rock, Step-Pivot 3/8L, Step-Pivot 1/2L

1&2 Twist both heels to the left, Twist both heels to the right, Twist both heels to the left making a 1/4 turn right (1:30)
3 4 Rock back on R, Replace weight on L
5 6 Step forward on R, Make a 3/8 turn left recover weight on L (9:00)
7 8 Step forward on R, Make a 1/2 turn left recover weight on L (3:00)

Ending Suggestion: The last wall finishes at 3:00 o'clock. Make a 1/4 turn left stepping back on R (12:00)

Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)
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