I'm Not Myself

拍數: 32   牆數: 2   級數: Intermediate

編舞者: Gregory Danvoie (BEL) - April 2024

音樂: if you only knew - Alexander Stewart

S1. Body roll, step back, Side step with ¼ turn, sway X2, basic step, back rock, recover, step back with 1/8 turn, step forward with ½ turn

1-2&3   RF step forward and push upper body backwards and roll body down, RF step back, LF step to the L side with ¼ turn to the L (09:00)

Body language: during the body roll, reaching RF arm forward

4&5   RF step to the R side with a sway to the R side, LF sway to the L side, RF slide to the R side & LF drag next to RF (09:00)

Body language: during the sway, reaching R arm to right side & reaching L arm to L side

6&7   LF back rock, recover on RF, LF step back with 1/8 turn to the R (10:30)

8   RF step forward with ½ turn to the R (04:30)

S2. Step back with ½ turn, back rock, recover, step back with ½ turn, back rock, recover, step forward, step forward with back flick, step together & down, sway X2

&1   LF step back with ½ turn to the R, RF back rock (10:30)

2&3   Recover on LF, RF step back with ½ turn to the L, LF back rock (04:30)

4&5   Recover on RF, LF step forward, RF step forward and at the same time go up on the RF and make a back flick with LF (04:30)

Body language: at the same time as back flick, go up the right arm and place the left arm on the side

6-7-8   LF gather next to RF and bend both knees, RF step to the R side with a sway to the R side, LF sway to the L side (04:30)

Body language: on count 6, puth both arms down with fists

S3. Basic step, step back X2, basic step with 1/8 turn, step forward X3, step forward with ½ turn, step back with ½ turn, back rock, recover, side step with 1/8 turn

1-2&3   RF slide to the R side & LF drag next to RF (04:30), LF step back (04:30), RF step back (04:30), LF slide to the L side with 1/8 turn to the L side & RF drag next to LF (03:00)

4&5   RF step forward, LF step forward, RF step forward (with preparation for a half turn to the L side) (01:30)

6&7   LF step forward with ½ turn to the L side (07:30), RF step back with ½ turn to the L side (01:30), LF back rock (01:30)

8&   Recover on RF, LF step to the L side with 1/8 turn to the R (03:00)

* STEP MODIFICATION + RESTART

S4. Cross behind with a sweep back, cross behind, step forward with ¼ turn, step forward with a hitch, step forward X3, step forward with ½ turn, step forward, pivot ½ turn, step forward X2

1-2&3   RF cross behind LF with a LF sweep back, LF cross behind RF, RF step forward with ¼ turn to the R (06:00), LF step forward and at the same time make a hitch with RF (06:00)

4&5   RF step forward, LF step forward, RF step forward (with preparation for a half turn to the L side) (06:00)

Body language: on count 5, gather both arms to give a hug

6-7&   LF step forward with ½ turn to the L side (12:00), RF step forward, pivot ½ turn with ½ turn to the L side (06:00)

8&   RF step forward, LF step forward

TAG: at the end of wall 2 (12:00)

1-2   RF rock forward and bend both knees, recover on LF

Body language: gather both arms to give a hug

STEP MODIFICATION + RESTART: during wall 3 (04:30)

8&	Recover on RF, LF step forward with 1/8 turn to the L (12:00)

FINAL:
RF step forward and bend both knees
Body language: gather both arms to give a hug

Contacts :
Gregory Danvoie – gregoire18@hotmail.com