I Am I Am I Am



拍數: 32 牆數: 2 級數: High Improver

編舞者: Tammy Velasquez (USA) - February 2025

音樂: I Am - Kane Brown



Slow intro is 16 counts

Start after 16 counts after the heavy beat starts (at approx. 0:23)

Restart Wall 2 after 16 counts

Tag 1 at end of Wall 10

Tag 2 After 16 counts on Wall with Restart

[1-8] Toe Switches, Heel Switches Fwd Rock R (Push R), Fwd Rock L (Push L)

1&2&3&4 Point R (1) recover R (&) Point L (2) recover L (&) Heel R (3) recover R (&) Heel L (4) recover

L(&)

5-6& Rock Forward on the R (5), recover L (6) R next to L (&)

7-8 Rock Forward on the L (7), recover R (8)

[9-16] L Coaster, R Wizard, L Wizard, R rock recover

1&2 Step L foot back (1), close R foot to L(&), step L foot forward (2)

3-4& Step R forward to right diagonally (3), lock L behind R (4), step R forward (&)

5-6& Step L forward to L diagonal (5), lock R behind L (6), step L forward (&)

7,8 Rock forward on R (7), Recover on L (8)

[17-24] R Coaster, ¼ turn R-L rock Behind Side Cross, R rock recover

1&2 Step R foot back (1), close L foot to R (&), step R foot forward (2)

3-4 Rock L as you turn ¼ turn R (3), recover on R (4) (3:00)

5&6 Cross L foot behind R (5), step out R foot to the R (&), cross L foot in front of R (6).

7-8 Rock R (7) and recover on L (8)

[25-32] R Sailor 1/4 R, Stomp L x2, L Kick Ball Stomp, Hold

1&2 Step R behind L while making a ½ turn over R shoulder (3), Step L side L (&) Step R forward

(6:00)

3-4 Stomp L x2

5&6 L Kick (5) step L next to R (&) step R next to L (6)

7-8 Stomp L (7) Hold (8)

Restart:

Wall 2 - Dance 16 counts w/step change

End of the second set of eight (after 16 counts) on Wall 2 facing 6:00

Step change: Step forward on R (7) - Close on Left (8) (Replaces the rock fwd on R, recover on L)

then Restart the dance

*Tag 1:

End of Wall 10 facing 6:00

*4 counts - R Jazz Box in place (no turn)

1-2-3-4 Cross R over L (1), step L back (2), Step R to R (3), Step L forward (4)

Step sheet created by Cinnamon Dull

Tag 2 with Restart:

Wall 11 – Starts facing 6:00

Dance 16 counts w/step change, Tag 2, then Restart

End of the second set of eight (after 16 counts) on Wall 11 still facing 6:00

Step change: Step forward on R (7) - Close on Left (8) (Replaces the rock fwd on R, recover on L)

*16 counts - Tag 2:

1/4 turn R Chug x2, Hold, 1/4 turn R chug x2, Hold

1-2 Chug with R (or paddle) 2 times turning ¼ right (3:00)

3&4 Hold (music rhythm is 3&4)

5-6 Chug with R (or paddle) 2 times turning ½ right (12:00)

7&8 Hold (music rhythm is 7&8)

1/4 turn R Chug x2, 1/4 Pivot L, Stomp RL

1-2 Chug with R (or paddle) 2 times turning ½ right (9:00)

3&4 Hold (music rhythm is 3&4) 5-6 Step R pivot ½ L (6:00)

7-8 Stomp RL

Restart facing 6:00

Ending: Ends after all of wall 14 (starts facing 6:00) - Ends facing 12:00