I Will Survive!

拍數: 32

級數: Intermediate

編舞者: Pat Stott (UK)

音樂: I Will Survive - Gloria Gaynor

Start after 22 seconds on the word "back" Dedicated To "Pat's Gang"

3 WALKS FORWARD, KICK, 2 WALKS BACK, TOUCH BEHIND, UNWIND ¾ LEFT

- 1-4 Walk forward right, left, right, kick left forward
- 5-8 Walk back left, right, touch left toe to back, unwind ³/₄ left (weight on left)

SIDE, RECOVER, CROSS, SIDE, RECOVER, CROSS, ¼ LEFT STEP BACK, ½ LEFT STEP FORWARD, SIDE, STOMP

1&2 Rock right to right, recover on left, cross right over left

牆數: 4

- 3&4 Rock left to left, recover on right, cross left over right
- 5-6 Turn ¼ left stepping back on right, turn ½ left and step forward on left
- 7-8 Step right to right, stomp left to right with weight

SIDE, BEHIND, ¼ LEFT STEPPING BACK, HEEL, CLOSE, CROSS, SIDE, CROSS, HOLD, BACK, HEEL, CLOSE, FORWARD

- 1-2 Step right to right, cross left behind right
- &3 Turn ¼ to left stepping back on right, left heel forward (heel jack)
- &4 Close left to right, cross right over left
- &5 Step left slightly to left side, cross right over left
- 6 Hold
- &7 Step back on left, right heel forward (heel jack)
- &8 Close right to left, step forward on left

ROCK FORWARD, RECOVER, ½ SHUFFLE TURNING RIGHT, STEP FORWARD, ½ PIVOT RIGHT, KICK, BALL, STEP, CLOSE

- 1-2 Rock forward on right, recover on left
- 3&4 Turning ¹/₂ to right step right, left, right (advanced dancers can turn 1 ¹/₂ to right)
- 5-6 Step forward on left, ½ pivot right (weight on right)
- 7&8 Kick left forward, step onto the ball of left, step forward on right
- & Quickly close left to right

REPEAT

TAG

After 7th sequence (facing 12:00) the music fades. Step left to left and hold a pose (be imaginative). Restart dance when the music kicks in starting on "oh now go"

