I'm Not Perfect



拍數: 64 牆數: 2 級數: Intermediate / Advanced

編舞者: Queendy Lee (CAN) & Emily Woo (CAN) - September 2010

音樂: Perfect - Hedley: (CD: Perfect - Single)



Intro: start after 32 counts

SIDE BEHIND SIDE TO RIGHT, SIDE BEHIND SIDE TO LEFT, FORWARD TOGETHER, ARMS UP AND DOWN

Step right to side, cross left behind right, step right to side (look to right)

Step left to side, cross right behind left, step left to side (look to left)

Step right forward, left together, stretch both arms up with hands holding together

7-8 Pull both arms down

FORWARD, HITCH, BACK, BACK, TURN 1/2 RIGHT, HOLD, ROCK RECOVER, STEP HITCH, KICK

1-2 Step left forward, hitch right knee

3&4 Step right back, step left back, step right forward with turn ½ right

5&6 Hold, rock left forward, recover to right

7-8 Step left & hitch right at the same time, kick right to side and extend left arm to left side, look

to left

Restarts Here: on 1st and 3rd wall after 16 counts.

STEP, STEP, HOLD, STEP, ACROSS, UNWIND FULL TURN RIGHT, HEAD TURN

&1-2 Small step right to side, step left together right, hold

Step right to side, cross left over right, unwind full turn right

5-8 Turn head to the right from right, back, left, front

1/4 SHUFFLE FORWARD, HITCH TURN 1/2 RIGHT, STEP, SWEEP 1/4 LEFT, TOUCH, HITCH TOUCH, STRETCH ARMS

1&2 Step right forward with ¼ right, cross left behind, step right forward

3-4 Hitch left and turn ½ right, step left forward

5&6 Right sweep ¼ left and point to side, hitch and touch right to right

&7-8 Right arm extend to right diagonal to the ceiling and look, left arm extend to left diagonal to

the floor at the same time, hold, hold

VINE RIGHT, ARM MOVEMENT, VINE LEFT, ARM MOVEMENT

1&2& Step right to side, cross left over right, step right to side, cross left behind right

3-4 Step right to side with arms extend upward and out to both sides (with upper body turn

diagonally to 1:30)

5&6& Step left to side, cross right over left, step left to side, cross right behind left

7-8 Step left to side with arms push out to side (with upper body turn diagonally to 11:30)

1 LEFT, 1 LEFT RECOVER, CROSS SHUFFLE, TOGETHER, SLIDE RIGHT, STEP ACROSS, STEP 1 LEFT, TOGETHER

1-2 Turn ¼ left and step right forward, recover left and turn ¼ left

3&4& Cross right over left, step left to side, cross right over left, step left together

5-6 Slide right a big step to right, drag left to right &7 Step left together right, cross right over left Step left and turn ¼ left, step right together

SHUFFLE FORWARD, HITCH TURN ½ LEFT, STEP, SWEEP TURN ¼ RIGHT, TOUCH, HITCH TOUCH, ARM MOVEMENT

1&2 Chassé forward left, right, left

3-4 Hitch right and turn ¼ left, step right forward
 5&6 Left sweep ¼ right and point to side, hitch left and point to side
 7-8 Right arm extend to right diagonal to the ceiling and look, left arm extend to left diagonal to the floor at the same time, hold

RUN BACK, HOLD, RUN FORWARD, TOUCH STEP, ARM MOVEMENT (STYLE OF KEEP SWEATING)

1&2 Run back left, right, left

3 Hold

&4&5 Run forward right, left, right, left

&6 Touch right besides left, step right to side

7 Look to right with right hand on left shoulder, left hand on waist

8 Look to left, right hand slide to right shoulder, left hand slide to left waist

REPEAT

ENDING

BACK TOGETHER, ARM MOVEMENT, FORWARD TOGETHER, ARM MOVEMENT

1& Step right back, step left together

2-4 Look down, right hand slide from shoulder to chest, left hand slide from right waist to left

waist

5& Step left forward, step right forward

6-8 Stretch both arms up with hands holding together, pull both arms down