

Je sais

拍數: 80 牆數: 4 級數: Intermediate - WCS
編舞者: Francis Marchio (FR) - January 2013
音樂: Je sais - Shy'm



[1-8] STEP RF, STEP LF, STEP RF, POINT LF, BACK LF, BACK RF, BACK LF, POINT RF

1-4 Walk RF forward, walk LF, walk RF, point LF
5-8 Step LF back, step RF back, step LF back, point RF

[9-16] ROLLING VINE RIGHT ¼ TURN RIGHT, PIVOT ½ TURN RIGHT, TRIPLE ¼ TURN RIGHT, ROCK STEP LF, TRIPLE ¼ TURN LEFT

1-2 Step RF with ¼ turn, pivot ½ turn right (weight on LF) (9:00)
3&4 Triple step with ¼ turn right RF LF RF (12:00)
5-6 Rock step LF, step back on RF
7&8 Triple step with ¼ turn left LF RF LF (option: full turn + ¼ turn in triple step) (9:00) * restart here wall 3

[17-24] ROCK STEP RF, COASTER STEP CROSS, SIDE CROSS, KICK BALL CROSS LF

1-2 Rock step RF, step back on LF
3&4 Step RF behind LF, step LF side, step RF in front of LF (facing left diagonal) (7:00)
5-6 Step LF side, step RF in front of LF
7&8 Kick LF forward, step LF in place, step RF in front of LF (facing diagonal)

[25-32] ROCK SIDE LF, SAILOR STEP 1/8 TURN, STEP ½ TURN LEFT, TRIPLE STEP ½ TURN LEFT

1-2 Rock LF side, step back on RF
3&4 Sailor step 1/8 turn left stepping LF RF LF (6:00)
5-6 Step RF with ½ turn left, transfer weight on LF (12:00)
7&8 Triple step ½ turn left stepping RF LF RF (6:00)

[&33-40] PRESS ROCK RF, WEAVE, SLIDE CROSS, FULL SPIRAL TURN RIGHT

&-1-2 Transfer weight on LF, press RF on right diagonal, step back on LF (6:00)
3&4 Step RF behind LF, step LF side, step RF in front of LF
5&6 Big step LF to the left, point RF behind LF with straight leg (facing right diagonal) (7:00)
7-8 Full spiral turn to the right (weight on LF) (7:00)

[41-48] STEP RF, LOCK LF, STEP RF, LOCK LF, STEP RF, BACK LF, BACK RF, RUN LF, RUN RF, RUN LF

1-2 Step RF, lock LF facing diagonal (7:00)
3&4 Step RF, lock LF, step RF
5-6 Step LF back, step RF back
7&8 Run back LF RF LF (6:00)

[49-56] STEP RF, LOCK LF, STEP, LOCK, STEP, STEP ½ TURN RIGHT, PIVOT ¼ TURN RIGHT, CROSS RF

1-2 Step RF, lock LF
3&4 Step RF, lock LF, step RF
5-6 Step LF, step RF with ½ turn right (12:00)
7-8 Pivot ¼ turn right on LF, step RF behind LF (3:00)

[57-64] SIDE LF, CROSS RF, SIDE LF, ROCK RF BACK, SIDE RF, ROCK BACK LF

1-2 Step LF side, step RF in front of LF
3-4 Step LF side, rock RF back
5-6 Step forward on LF, step RF side

7-8 Rock back LF, step forward on RF

[65-72] ¼ TOE STRUT LF, TOE STRUT RF, SWEEP ½ TURN RIGHT, HITCH LF, STEP RF

1-2 LF toe strut with ¼ turn left (12:00) * wall 4: stop here and restart on section 5 count 1

3-4 RF toe strut

5-6 Sweep ½ turn right (option full turn + ½ turn) (6:00)

7-8 Hitch LF, step LF

[73-80] POINT RF, STEP RF, POINT LF, STEP RF, SWEEP ¾ TURN LEFT, HITCH RF, POINT RF

1-2 Point RF side, step RF

3-4 Point LF side, step LF

5-6 Sweep ¾ turn left (option: full turn + ¾ turn) (9:00)

7-8 Hitch RF, point RF side

RESTARTS

1st Restart : wall 3: dance 16 first counts and Restart from the beginning

2nd Restart: wall 4: dance 66 first counts and Restart from count 33

RESTART FROM BEGINNING AND KEEP SMILING !

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