

I'm So Excited

Choreographed by: Maggie Gallagher 6th August 2002 Tel: +44 (0)7950291350

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Dance description: 32 count, 4-wall, intermediate level dance

Music: "I'm So Excited" by The Pointer Sisters 185 bpm

CD: "The Greatest Disco Collection" by Various Artists (HMV)

or "The Best Of The 80's" available from Woolworths £5.99 Also on many other 80's compilations.

Begin: On vocals - 64 count intro

Dedicated to: The British Heart Foundation for August 11th 2002

WALK, CLICK, WALK, CLICK, FORWARD-ROCK, BACK-ROCK

1& Step forward on right, Click fingers as you swing arms to right

2& Step forward on left, Click fingers as you swing arms to left

3&4& Rock forward on right, Recover weight onto left, Rock back onto right, Recover weight onto left

STEP, 1/4 PIVOT, HEELS, TOES, TOUCH, KICK

5,6 Step forward on right, Pivot 1/4 left as you swivel heels to right

7& *With feet slightly apart:* Swivel both heels to left, Swivel both toes to left

8& Touch right next to left, Kick right diagonally forward right

BEHIND-SIDE-CROSS, SIDE STRUT, CROSS STRUT, ROCK-1/4-STEP, TRIPLE 3/4

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

3& Touch left toe to side, Drop heel to take weight

4& Cross touch right over left, Drop heel to take weight

5&6 Rock left to side, Recover weight onto right with 1/4 turn right, Step forward on left

7&8 *On the spot:* Step right, left, right to make a 3/4 turn left

SKATE, SKATE, LEFT-LOCK-STEP, FORWARD-ROCK-BACK- HITCH, BUMP 2,3 HITCH

1,2 *With attitude:* Skate forward on left, Skate forward on right

3&4 Step forward on left, Lock-step right behind left, Step forward on left

5& Rock forward on right, Recover weight onto left

6& Step back on right, Hitch left knee across right leg (*almost to make the number 4*)

7& Touch left toe forward bumping hips left and forward, Bump hips right and back

8& Bump hips left and forward, Bump hips right and back and hitch left knee across right leg (*almost to make the number 4*)

CROSS-SIDE-ROCK-TURN-SIDE-ROCK-CROSS-SWEEP (Modified Monterey)

1& Cross step left over right, Rock right to side

2& Recover weight onto left, Turn 1/2 right on ball of left as you step right together

3&4& Rock left to side, Recover weight onto right, Cross step left over right, Sweep right to forward

CROSS, BACK, FULL TURN

5,6 Cross step right over left, Step back on left

7&8& *On the spot:* Make a full turn right stepping, right, left, right, left

Begin again!