I Am

Count: 48 **Wall:** 2 **Level:** Advanced

Choreographer: Debbie Monahan-Mabbs (UK) & Lorraine Monahan-Mabbs (UK) - September 2026

Music: I am - Marina Sway

Intro: Wait 8 counts from the beginning and start the 12-count "Intro" on the first heavy beat (approx. 9s)

INTRO

S1 [1-8] SWAYS R-L x4 Clock

1-2-3-4	Sway hips Right, sway hips Left, sway hips Right, sway hips Left
5-6-7-8	Sway hips Right, sway hips Left, sway hips Right, sway hips Left

S2 [&9-12] BALL-CROSS, FULL UNWIND R

&1	Step ball of Right beside Left, cross Left over Right
2-3-4	Unwind a full turn over Right shoulder for 3 counts (keep weight on Left) [12:00]

DANCE Begin the main dance on the word "beautiful" as the lyrics start "I am beautiful" (approx. 21s)

S1 [1-8&] SIDE, BEHIND-SIDE, CROSS ROCK, RECOVER, ¼ L, ¼ L, BEHIND-SIDE, CROSS ROCK-SIDE

1-2&	Step Right to right side, cross Left behind Right, step Right to right side (&)
3-4&	Cross rock Left over Right, recover onto Right, turn ¼ left stepping Left forward (&) [9:00]
5-6&	Turn ¼ left stepping Right to right side, cross Left behind Right, step Right to right side (&) [6:00]
7-8&	Cross rock Left over Right, recover onto Right, step Left to left side (&)

S2 [9-16&] R FORWARD, L MAMBO, SWEEP BACK, L COASTER, RUN-RUN-TOUCH-KICK

1-2&3	Step Right forward, rock Left forward, recover onto Right (&), step Left slightly back
4	Sweep Right from front to back and step back Right
5&6	Sweep step Left back, step Right beside Left (&), step Left forward
7&8&	Run forward Right, Left (&), touch Right beside Left, kick Right forward (&) [6:00]

S3 [17-24&] BACK R, TOUCH, UNWIND ½ L, FULL TURN L, ¼ L, BEHIND, SIDE, CROSS ROCK, RECOVER, SIDE, CROSS

1-2	Step Right back, touch Left toe back (option for count 2: raise both arms up)
3	Unwind ½ turn left stepping forward on Left (bring both arms back down) [12:00]
4&	Turn ½ left stepping back on Right, turn ½ left stepping forward on Left (&)
5,6&	Turn ¼ left taking a big step Right to right side, cross Left behind Right, step Right to right side (&) [9:00]
7&8&	Cross rock Left over Right, recover onto Right (&), step Left to left side, cross Right over Left (&)

S4 [25-32] Side L, 5/8 R TO DIAGONAL, DIAMOND 3/8 L, PREP-PIVOT ½ L, RECOVER, 1½ SPIRAL R

1	Step Left to Left Side
2	Lift Right leg and make 5/8 turn right stepping down to face back right diagonal [4:30]
3&4	Step Left forward, step Right to side (&), step Left back turning 1/8 left [3:00]
5&	Step Right back, make 3/8 turn left stepping forward on Left to the front left diagonal (&) [10:30]
6-7	Step Right forward (as a prep), pivot ½ turn left keeping weight back on Right [4:30]
8	Recover weight on Left and make 1½ spiral turn right keeping weight on Left [10:30]

S5 [33-40&] DIAMOND 3/8 L, PRISSY WALKS, CROSS, HITCH-STEP

1-2	Step down on Right sweeping Left, cross Left over Right

Restart 3 here during Wall 4

&3	Make 1/8 turn left stepping Right to right side (&), step Left back [9:00]
4&	Step Right back, make ¼ turn left stepping forward on Left (&) [6:00]
5-6	Prissy walk forward Right, prissy walk forward Left
7-8	Cross Right over Left, hitch Left knee across Right and step onto Left

S6 [41-48] SIDE ROCK, RECOVER, CROSS-SIDE, SWAYS x4, BALL-CROSS, FULL UNWIND R

&1	Rock Right out to right side (&), recover onto Left
2&	Cross Right over Left, step Left to left side (&)
3-4	Step Right to right side and sway hips right, sway hips left

Restart 1 here during Wall 2

5-6	Sway hips right, sway hips left

Restart 2 here during Wall 3

&7-8	Step ball of Right beside Left (&), cross Left over Right, unwind a full turn over the Right shoulder (keep weight on Left) [6:00]

Begin the next wall from Count 1 of the dance

RESTARTS
RESTART 1: Wall 2 – dance up to and including S6 count 4 then restart facing 12:00
RESTART 2: Wall 3 – dance up to and including S6 count 6 then restart facing 6:00
RESTART 3: Wall 4 – dance up to and including S5 count 2 then restart facing 6:00

ENDING: The music finishes during Wall 6. Dance up to and including S4 count 2, then cross Left over Right and unwind to face 12:00.
