

# Said & Done

Count: 64

Wall: 2

Level: Intermediate

Choreographer: Paul Foxall (UK)

Music: Life - Des'ree



- 1-4 Walk forward right, left, right, left  
5&6 Kick right across left, step right across left, step back on left  
7-8 Step to right side, sway body to the left
- 1&2 Right side chasse  
3-4 Rock right across left, recover  
5&6 Left side chasse  
7-8 Cross right over left, unwind  $\frac{3}{4}$  of a turn to the left
- 1-4 Walk forward right, left, right, left  
5&6 Kick right across left, step right across left, step back on left  
7-8 Step right to right side, step left over right
- 1-2 Step right forward into  $\frac{1}{4}$  of a turn to the right  
3&4 Turn a full turn over right shoulder  
5-6 Rock forward on left, recover  
7&8 Step left foot behind right, step right foot to right side, step left foot across right
- 1-2 Stamp right foot to right side, hold  
3&4  $\frac{1}{4}$  turning left shuffle to left side  
5-6 Stamp right foot to right side, hold  
7&8 Shuffle  $\frac{1}{4}$  of a turn to the left
- 1-2 Step right across left, step back on left foot  
&3-4 Quickly step on to right foot and cross left over right, step to the right side  
5&6 Left sailor step  
7&8 Right sailor step
- 1-2 Stamp left to left side  
3&4 Right side chasse  
5-6 Stamp left foot forward  
7&8  $\frac{1}{2}$  turning right shuffle
- 1-2 Step left foot across right, step right forward into  $\frac{1}{4}$  of a turn to right  
&3-4 Step left foot forward, step right across left, step left foot back to left diagonal  
5&6 Right sailor step  
7&8 Left sailor step

**REPEAT**