

They Say

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Jamie Barnfield (UK) - February 2020
音乐: My Way - Ava Max : (Single - iTunes & Amazon)



Intro: 16 Counts, start on vocals. (No Tags or Restarts!)

S1: ROCK HEEL TWIST, ROCK HEEL TWIST, ROCK BALL SIDE X2

1-2 Rock right to right side lifting left heel & twist in (1), rock left to left side lifting right heel & twist in
3&4 Rock right to right side, on ball of left close next to right, step right to right side
5-6 Rock left to left side lifting right heel & twist in (1), rock right to right side lifting left heel & twist in
7&8 Rock left to left side, on ball of right close next to left, step left to left side (12:00)

S2: CROSS, SIDE, SAILOR 1/4 HEEL, BALL-STEP, 1/2 BACK, 1/2 SHUFFLE,

1-2 Cross right over left, step left to left side
3&4 Step right behind left, step left in place turning 1/4 right, tap right heel fwd (3:00)
&5-6 Close right next to left, Step forward on left, turn 1/2 left stepping back on right
7&8 1/4 turn left stepping left to left side, close right next to left, 1/4 turn left stepping forward on left (3:00)

S3: CROSS, BACK L R CROSS, BACK SIDE CROSS, SIDE HEEL TWIST, BEHIND 1/4 FWD

1 Sweep right from back to front and cross over left
2&3 Step back on left, step back on right, cross left over right
4&5 Step back on right, step left to left side, cross right over left
6&7 Step left to left side, twist right heel in, twist right heel out
8& Cross left behind right, turn 1/4 right stepping forward (6:00)

S4: ROCK RECOVER, SAILOR, HOLD, CLOSE 1/4, 1/2 PIVOT

1-2 Rock forward on left, recover on right
3&4 Cross left behind right, step in place with right, step left to left side
5&6 Hold, close right next to left, 1/4 left stepping forward on left
7-8 Step forward on right, pivot 1/2 left (weight on left) (9:00)

S5: OUT, OUT, COASTER STEP, PIVOT 1/2 WITH SWEEP, ROCK RECOVER

1-2 Step forward & out on right, step forward & out to left on left
3&4 Step back on right, close left next to right, step forward on right
5-6 Step forward on left, pivot 1/2 right (keeping weight on left & sweep right front to back)
7-8 Rock back on right, recover on left (6:00)

S6: 1/2, 1/2, SHUFFLE, STEP 1/2 STEP, KICK-BALL CROSS,

1-2 1/2 left stepping back on right, 1/2 left stepping forward on left (easier option: Walk, Walk)
3&4 Step forward on right, close left next to right, step forward on right
5&6 Step forward on left, pivot 1/2 right, step forward on left
7&8 Kick right forward, step in place on right, cross left over right (9:00)

ENDING: The dance finishes during wall 5 after section 2. Sweep the right foot round a further 1/4 to face the front and cross right over left... Ta-Dah!!