You Say It Best



拍数: 56 墙数: 4 级数: Intermediate NC2S 编舞者: Christina Yang (KOR) & Adeline Cheng (MY) - October 2021

音乐: When You Say Nothing At All - Ronan Keating



** Special thanks to Adeline for requesting this beautiful music ** Start the dance after 16 counts

SECTION 1: SIDE ROCK, RECOVER, CROSS ROCK, RECOVER, CROSS ROCK, RECOVER AND 1/4 TURN TO L WITH SWEEP, COASTER STEP

1-2 Rock RF side, recover on LF

3-4& Cross rock RF over LF, recover on LF, step RF side

5-6 Cross rock LF over RF, recover on RF and 1/4 turn to L with sweep LF from front to back

7&8 Step LF backward, closed RF next to LF, step LF forward

SECTION 2: FORWARD ROCK, RECOVER, 1/2 TURN TO R WITH FORWARD SHUFFLE, 1/2 TURN TO R WITH BACKWARD SHUFFLE, BACKWARD ROCK, RECOVER

1-2 Rock RF forward, recover on LF

3&4
 1/2 turn to R stepping RF forward, closed LF next to RF, step RF forward
 5&6
 1/2 turn to R steeping LF backward, closed RF next to LF, step LF backward

7-8 Rock RF backward, recover on LF ** Restart(5)

SECTION 3: 1/4 TURN TO L WITH SYNCOPATED VINE STEP, RECOVER, CROSS SHUFFLE, SIDE

1-2& 1/4 turn to L stepping RF side, cross LF behind RF, step RF side

3-5 Cross LF over RF, rock RF to side, recover on LF6&7 Cross RF over LF, step LF side, cross RF over LF

8 Step LF side

SECTION 4: BACKWARD ROCK, RECOVER, SIDE, 1/4 TURN TO L WITH BACKWARD ROCK, RECOVER, FORWARD, 1/4 TURN TO L WITH PIVOT, CROSS, SIDE

1&2 Rock RF backward, recover on LF, step RF side

3&4 1/4 turn to L with LF backward rock, recover on RF, step LF forward

5-8 Step RF forward, 1/4 turn to L changing weight on LF, cross RF over LF, step LF side

SECTION 5: CROSS BEHIND, SIDE, CROSS AND SWEEP, FORWARD ROCK, RECOVER, 3/4 TURN TO L WITH FORWARD SHUFFLE, 1/2 TURN TO L WITH PIVOT

1&2 Cross RF behind LF, step LF side, cross RF over LF and sweep LF from back to front

3-4 Rock LF forward, recover on RF

5&6 1/2 turn to L stepping LF forward, closed RF next to LF, 1/4 turn to L stepping LF forward

7-8 Step RF forward, 1/2 turn to L changing weight on LF

SECTION 6: SIDE ROCK, RECOVER, 1/4 TURN TO R WITH COASTER STEP, 1/2 TURN TO R WITH PIVOT, FULL TURN TO R, FORWARD

1-2 Rock RF side, recover on LF

3&4 1/4 turn to R stepping RF backward, closed LF next to RF, step RF forward

5-6 Step LF forward, 1/2 turn to R changing weight on RF ** Restart(3) and tag(2 counts)
7&8 1/2 turn to R stepping LF backward, 1/2 turn to R stepping RF forward, step LF forward

SECTION 7: FORWARD SHUFFLE, 1/4 TURN TO R WITH PIVOT, CROSS SHUFFLE, SWAY R/L

Step RF forward, closed LF next to RF, step RF forward
Step LF forward, 1/4 turn to R changing weight on RF

5&6 Cross LF over RF, step RF side, cross LF over RF ** Restart(1)

7-8 Step RF side and sway to R, sway to L(weight on LF) ** Tag (4 counts)

** THIS DANCE HAVE 3 RESTART AND 2 TAGS **

RESTART

*On the 1st wall, you will dance to 54 counts and start again

*On the 3rd wall, you will dance to 48 counts and dance 2 counts of tag and then start again

*On the 5th wall, you will dance to 16 counts and start again

TAGS -

*On the 3rd wall, you will dance to 48 counts and 2 counts of tag

Tag steps

1-2 Step RF side and sway to R, sway to L(weight on LF)

*After 6th wall, you will dance 4 counts of tag

Tag steps

1-2 Step RF side and sway to R, sway to L(weight on LF)

3-4 Cross rock RF behind LF, recover on LF

Contact

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