

He Said / She Said

拍数: 40 墙数: 4 级数: Intermediate
编舞者: Lindsay Stamp (USA) - March 2022
音乐: Out Yonder - Elle King



#16 count Intro

(1-8) Right Foot Lead (four step-touches in a clockwise box, Step R, step behind L, step over R, pivot full)

- 1 & (1) Step right foot out to the right, turning $\frac{1}{4}$ right (&) Touch left toe next to right foot
2 & (2) Step left foot out to left, turning $\frac{1}{4}$ right (&) Touch right toe next to left foot
3 & (3) Step right foot out to the right, turning $\frac{1}{4}$ right (&) Touch left toe next to right foot
4 & (4) Step left foot out to left, turning $\frac{1}{4}$ right (&) Touch right toe next to left foot
5, 6 (5) Step right foot out to right (6) Step left behind right
&7, 8 (&) Step right foot out to right (7) Step left foot over right (8) Pivot on left foot full turn clockwise, transferring weight to right foot.

(9-16) Left Foot Lead (Repeat 5-8 on left foot. Sashay right, sailor step)

- 1, 2 (1) Step left foot out to left (2) Step right foot behind left.
&3, 4 (&) Step left foot out to left (3) Step right foot over left (4) Pivot on right foot full turn counterclockwise,
5 & 6 (5) Step right foot out to right, (&) Step left foot next to right ("chase" right foot), (6) Step right foot out to right
7 & 8 (7) Step left foot behind right, (&) Step right foot to right, (8) Step left foot to left

(17-24) Right Foot Lead (Heel grind weave to left, pivot counterclockwise, shuffle forward)

- 1 & 2 & (1) Heel grind right over left foot, (&) Step left foot to left, (2) Step right behind left, (&) Step left foot to left
3 & 4 & Repeat
5, 6 (5) Step right foot over left, turning $\frac{1}{4}$ counter-clockwise, (6) Pivot $\frac{1}{2}$ counter-clockwise bringing weight forward to left foot
7 & 8 (7) Step forward right foot (&) "chase" right with left foot, (8) Step forward right foot

(25-32) Left Foot Lead (Full turn clockwise, rock recover $\frac{1}{4}$, Heel rock recover, Heel rock recover $\frac{1}{4}$)

- 1, 2 (1) Step left forward turning $\frac{1}{2}$ clockwise, (2) Complete turn by stepping right forward $\frac{1}{2}$ to original wall
3 & 4 (3) "rock" forward on left (&) Recover to right turning $\frac{1}{4}$ clockwise (4) Step left over right
5 & 6 (5) Turning $\frac{1}{4}$ to right, heel grind (&) Recover to left turning back $\frac{1}{4}$ to original wall, (6) Step right next to left
7 & 8 (7) Turning $\frac{1}{4}$ to left, heel grind (&) Recover to right, staying on current wall (8) Step left next to right

(33-40) Right Foot Lead (Forward weave, Cross toe touches w/ heel slap)

- 1 & 2 & (1) Step right behind left, (&) Step left diagonal forward, (2) Step right diagonal forward, (&) Step left behind right
3 & 4 & (3) Step right diagonal forward, (&) Step left diagonal forward, (4) Step right behind left, (&) Point left toe out to left
5 & 6 & (5) Touch left toe across right, (&) Touch left toe back out to left, (6) Touch left toe behind right, (&) Touch left toe back out to left
7 & 8 & (7) Switch weight to left foot, pointing right toe out to right, (&) Touch right toe across right, (8) Raise right foot out to the right and heel slap, (&) Lower right foot and prepare to start the dance over.

Restarts

Restart 1 - In the first rotation of the dance, restart on count 37

Restart 2 - In the fifth rotation of the dance, restart on count 33
