

Real Talk

拍数: 64 墙数: 1 级数: Improver
编舞者: Faye Smitherman (USA) - December 2022
音乐: Real Talk - Angie K



#8 ct intro, No Tags or Restarts

Sec 1: Side Mambos (R & L), Cross Rock Side, Cross Rock ¼

1&2, 3&4 R Side Rock, Rec L, R Together, L Side Rock, Rec R, L Together
5&6, R Cross Rock, Rec L, R Step Together,
7&8 L Cross Rock, Rec R, Turn ¼ to left 9:00

Sec 2: R Step Lock Step, L Step, 1/2 , Step, 1/2, 1/2, Step, L Mambo (fwd)

1&2, 3&4 R Step Lock Step, L Step fwd, R turn 1/2, L step fwd 3:00
5&6 1/2 back on R (turn L), 1/2 fwd on L (turn L), R Step fwd 9:00/3:00
7&8 L Mambo – L Rock fwd, Rec R, L Step Together

Sec 3: Syncopated 1/2 Circle Turn to R, Vaudevilles L & R

1&2&3&4 R 1/8, Rec L, (3 times), R Step 1/8 4:30/6:00/7:30/9:00
5&6&7&8& Cross, Side, Heel, Rec (L & R)

Sec 4: Syncopated 1/2 Circle Turn to L, Sync Weave, Cross, Rec, Side

1&2&3&4 L 1/8, Rec R, (3 times), L Step 1/8 7:30/6:00/4:30/3:00
5&6& Weave – R Cross, L Side, R Behind, L Side
7&8 R Cross, Recover L, R Side

Sec 5: 4 Sambas (L,R,L,R) (slightly fwd, add some bounce)

1&2,3&4,5&6,7&8 Cross, Side, Center (4 times) L,R,L,R

Sec 6: 3 Sailors (L,R,L,) (moving back), R 1/4 Sailor

1&2, 3&4, 5&6 Behind, Side Center (3 times) L,R,L
7&8 R 1/4 Sailor – Swing R 1/4 turn to right, L Side, R Center 6:00

Sec 7 Cross, Side, Cross, Side, Cross, Kick (diagonal) (L & R)

1&2&3, 4 L Cross, R Side, L Cross, R Side, L Cross, R Kick (diagonal)
5&6&7, 8 R Cross, L Side, R Cross, L Side, R Cross, L Kick (diagonal)

Sec 8: L Behind, 1/4 Turn, Step Lock Step, R Heel, Grind 1/4, R Back Rock, Recover L

1,2, 3&4 L Behind, R ¼ Turn to right, Step Lock Step (LRL) 9:00
5-8 R Heel, Grind 1/4 to right, R Back Rock, Recover L 12:00

Easier Alternative Steps:

Sec 2 - ½ Back, ½ , Step -
Change to Shuffle fwd (RLR) 5&6

Sec 3 - Vaudevilles -

Change to Weave - L Cross, R Side, L Behind, R Side 5,6,7,8

Sec 4 - Sync. Weave -

Change to Night Club - R Side, L Drag, L Back Rock, R Recover 5,6,7,8