

Said and Done

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Adrian Lefebour (AUS), Lu Olsen (AUS) & Stephen Paterson (AUS) - February 2024
音乐: All Is Said and Done (feat. Ryan Edgar) - Gamma Skies



#32 count intro from the start of the song

[1-8] Step, Hold, Together, Out, Out, Sailor Step, 1/4 Sailor Fwd

1,2 Step R fwd, Hold
&3,4 Step ball of L next to R, Step R fwd to R side, Step L fwd to L side (start of a V step)
5&6 R Sailor Step – Step R behind L, Step L to L side, Step R in place
7&8 1/4 Sailor Step – 1/4 turn L step L back, Step R next to L, Step L fwd (9.00)

[9-16] 1/4 Hitch, Side Shuffle, Rock, Recover, Side Shuffle, Touch Behind, Unwind Full Turn

&1&2 1/4 turn L Hitch R knee up (6.00), Step R to R side, Step L next to R, Step R to R side
3,4 Rock L back, Recover weight fwd on R
5&6 L Side Shuffle – Step L to L side, Step R next to L, Step L to L side
7,8 Touch R toe behind L, Unwind full turn over R shoulder (weight on R) (6.00)

[17-24] Side, Together, Cross, 1/4 Turn, Lock Shuffle Back, Rock, Recover

1,2,3,4 Step L to L side, Step R next to L, Step L across R, 1/4 turn L step R back (3.00)
5&6 Step L back, Lock step R over L, Step L back
7,8 Rock R back, Recover weight fwd on L

[25-32] 1/4 Turn, Hold, Cross, 1/2 Turn, Cross Samba x2

1,2 1/4 Turn L step R to R side, Hold (12.00)
&3,4 Step L across R, 1/4 turn L step R back, 1/4 turn L step L to L side (6.00)
5&6 R Cross Samba – Step R across L, Step L to L side, Step R in place (moving slightly forward)
7&8 L Cross Samba – Step L across R, Step R to R side, Step L in place (moving slightly forward) (6.00) RESTART

[33-40] Rock, Recover, 1/2 Shuffle, Full Turn, 1/4 Paddle Turn

1,2 Rock R fwd, Recover weight back on L
3&4 Half Shuffle R – 1/2 turn R step R fwd, Step L next to R, Step R fwd (12.00)
5,6 1/2 turn R step L back, 1/2 turn R step R fwd (12.00)
7,8 Step L fwd, 1/4 Paddle turn R (weight on R) (3.00)

[41-48] Cross, Hold, Side, Behind, Side, Cross, Hold, 1/4 Turn, Together, Step Fwd

1,2 Step L across R, Hold
&3,4 Step R to R side, Step L behind R, Step R to R side
5,6 Step L across R, Hold
&7,8 1/4 turn L step R back, Step L next R, Step R fwd (12.00)

[49-56] Rock, Recover, Full Triple Turn, Rock, Recover, Lock Shuffle Back

1,2 Rock L fwd, Recover weight back on R
3&4 Full triple turn on the spot over L shoulder (12.00)
5,6 Rock R fwd, Recover weight back on L
7&8 Step R back, Lock step L over R, Step R back (12.00)

[57-64] Back/Drag, Together, Walk x2, Rock, Recover, 1/2 Shuffle

1,2 Step L back as you drag R towards L, Step R next to L (weight on R)
3,4 Walk L fwd, Walk R fwd

5,6 Rock L fwd, Recover weight back on R
7&8 Half L Shuffle – 1/2 turn L step L fwd, Step R next to L, Step L fwd (6.00)

Start Again!

TAGS

Tag 1 – End of wall 1 – The tag will take you to the 12 o'clock wall, then restart the dance.

Tag 2 – End of wall 3 – The tag will take you to the 6 o'clock wall, then restart the dance.

[1-8] Step, Sweep, Cross, Side, Behind, Sweep, Behind, 1/4 Turn

1,2 Step R fwd, Sweep L fwd
3,4 Step L across R, Step R to R side
5,6 Step L behind R, Sweep R back
7,8 Step R behind L, 1/4 turn L step L fwd

[9-16] Step, Sweep, Cross, Side, Behind, Sweep, Behind, 1/4 Turn (Repeat counts 1-8)

1,2 Step R fwd, Sweep L fwd
3,4 Step L across R, Step R to R side
5,6 Step L behind R, Sweep R back
7,8 Step R behind L, 1/4 turn L step L fwd

RESTARTS

Restart 1 – On wall 2 (starting at the front wall) dance to count 32, then restart to the 6 o'clock wall.

Restart 2 – On wall 4 (starting at the back wall) dance to count 32, then restart to the 12 o'clock wall.

Ending: Dance right to the end, then stomp R fwd to finish at the front wall.

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