

# Letters And Pictures

拍数: 32                      墙数: 4                      级数: Intermediate/Advanced  
编舞者: Cathryn Proudfoot (AUS)  
音乐: Somewhere Inside - Chris Cummings



## LEFT SAMBA STEP, CROSS ROCK REPLACE

1&2                      Step left over right, rock right to side, replace weight to left  
&3-4                      Step right over left, rock left to side, replace weight to right

## ¾ HINGE TURN (LEFT), SHUFFLE FORWARD (RIGHT), ROCK FORWARD, BACK

&                      Turn ¾ turn back over left shoulder to step left forward (feels like a hinge turn)  
5&6-7-8                      Shuffle forward right: stepping right forward, left together with right, and right forward, rock left forward, replace weight back on right

## AND ROCK FORWARD, BACK, TURN BACK 1 ¼ (RIGHT)

&1-2                      Step left back together with right, rock right forward, replace weight back on left  
&3-4                      Turning ½ turn back to right step right forward, turn ½ turn right to step left forward, turn ¼ turn right to step right to side

## CROSS ROCK, AND CROSS UNWIND FULL TURN (LEFT)

5-6                      Step left across in front of right, replace weight back on right  
&7-8                      Step left to side, cross right over left, unwind full turn left (weight ends on right)

## LEFT COASTER STEP, SIDE, ROCK, CROSS

1&2                      Left coaster step: step back on left, step right back together with left, step left forward  
&3-4                      Step right to side, replace weight to left, step right over left

## TOUCH CROSS STEP, 1 ¼ TRIPLE STEP TURN (LEFT)

5&6                      Touch left toe to side, step left over right, step right to side  
7&8                      Turn 1 ¼ turns left in triple step: turn ¼ turn left stepping left forward, turn ½ turn left stepping right back, turn ½ turn left stepping left forward

## ROCK FORWARD, BACK, STEP: BACK, BACK, CROSS, TOUCH

1-2-3&                      Rock right forward, replace weight back on left, step back on right, step back on left  
4&                      Step right across in front of left, touch left toe to side

## LEFT SAILOR STEP WITH TOE STRUT

5&6&                      Step left behind right, step right to side, step left toe to side, drop left heel to floor

## RIGHT SAILOR STEP WITH TOE STRUT

7&8&                      Step right behind left, step left to side, step right toe to side, drop right heel to floor

**Allow your body to angle naturally with these last 4 counts**

## REPEAT

## TAG 1

Two extra beats to dance that occur between beats 24 and 25. These are danced during the chorus of the song on the 3rd and 5th walls:

## FULL TURN LEFT

1                      Turn ½ turn left stepping right back, turn ½ turn left stepping left forward

## RESTART

Occurs while you are dancing the 4th wall. Dance up to beat 16 (cross unwind full turn) and restart dance

from beginning

After dancing the first 5 walls (including the restart wall), dance through until the end. There are a few times when you will feel like you should restart again but I felt that "over-phrasing" would spoil the effect of the dance, on the whole

#### ENDING

You will have 4 beats to dance at the end. Simply rock onto the right foot to face the front

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