

# Said & Done

拍数: 64      墙数: 2      级数: Intermediate  
编舞者: Paul Foxall (UK)  
音乐: Life - Des'ree



- 1-4      Walk forward right, left, right, left  
5&6      Kick right across left, step right across left, step back on left  
7-8      Step to right side, sway body to the left
- 1&2      Right side chasse  
3-4      Rock right across left, recover  
5&6      Left side chasse  
7-8      Cross right over left, unwind  $\frac{3}{4}$  of a turn to the left
- 1-4      Walk forward right, left, right, left  
5&6      Kick right across left, step right across left, step back on left  
7-8      Step right to right side, step left over right
- 1-2      Step right forward into  $\frac{1}{4}$  of a turn to the right  
3&4      Turn a full turn over right shoulder  
5-6      Rock forward on left, recover  
7&8      Step left foot behind right, step right foot to right side, step left foot across right
- 1-2      Stamp right foot to right side, hold  
3&4       $\frac{1}{4}$  turning left shuffle to left side  
5-6      Stamp right foot to right side, hold  
7&8      Shuffle  $\frac{1}{4}$  of a turn to the left
- 1-2      Step right across left, step back on left foot  
&3-4      Quickly step on to right foot and cross left over right, step to the right side  
5&6      Left sailor step  
7&8      Right sailor step
- 1-2      Stamp left to left side  
3&4      Right side chasse  
5-6      Stamp left foot forward  
7&8       $\frac{1}{2}$  turning right shuffle
- 1-2      Step left foot across right, step right forward into  $\frac{1}{4}$  of a turn to right  
&3-4      Step left foot forward, step right across left, step left foot back to left diagonal  
5&6      Right sailor step  
7&8      Left sailor step

**REPEAT**