

# 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**