

Say It

拍数: 32 墙数: 4 级数: Improver
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音乐: Say It Right - Nelly Furtado



STEP OUT KNEES IN AND OUT (ARM MOVEMENTS), DRAG LEG, TOUCH BALL CHANGE, WALK, WALK, ROLL KNEE, LOOK BACK

1 Step right foot out to right
While doing this bend right knee in
& Bend right knee out
2 Straighten right knee
3 Drag right foot to left foot
4 Touch right foot next to left foot
& Put weight on right foot
5 Step left foot forward
6 Step right foot forward
7 Step left foot forward
& Right knee roll out to right
8 Look back over right shoulder

Arm movements first 2 counts:

1 Twist upper body slightly to left, right arm up and left arm down, in front of the body
& Put right arm down, left arm up
2 Put right arm up, left arm down

HOLD, TURN ¼ RIGHT, CROSS, TURN ¼ RIGHT WALK, WALK, SKATE SWIVELS, AND OUT, HOLD

1 Hold
& Put weight on right foot
2 Turn ¼ over right and cross left foot over right foot
3 Turn ¼ over right and step right foot forward
4 Step left foot forward
5 Swivel to right on right foot
6 Swivel to left on left foot
7 Step right foot out to right
& Step left foot out to left
8 Hold

SHOULDER POPS, ½ TURN HEEL RONDE, SAILOR STEP, JUMP, KICK, SAILOR STEP

1 Pop left shoulder to left
& Pop shoulder to right
2 Pop left shoulder to left
& Turn ½ over right
While doing this make ronde with right and keep right heel on the floor
3 Step right foot backwards
& Step left foot next to right foot
4 Step right foot forward
5 Jump forward on left foot
6 Jump backwards on left foot
While doing this kick right foot forward
7 Step right foot backwards
& Step left foot next to right foot
8 Step right foot forward

WALK, ¼ TURN, TOE IN, HEEL OUT, POSE, ¼ TURN, ½ TURN

- 1 Step left foot forward
- 2 Turn ¼ over left and touch right toe next to left foot
- & Touch right heel out
- 3 Touch right toe next to left foot
- & Step right foot to right
- 4 Touch left toe to left and put both arms to left
- 5 Turn ¼ over left
- 6 Step right foot forward
- 7 Turn ½ over left
- 8 Touch right foot next to left foot

REPEAT
