

Say It Loud

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Lorraine Harvey (AUS)
音乐: Say It Loud, Say It Clear - Mike + The Mechanics



WALK RIGHT, LEFT, -½ LEFT SHUFFLE BACK - ½ TURN - FORWARD-BACK-TURN

1-2-3&4 Step forward on right, step forward on left, turning ½ left shuffle back right-left-right
5-6-7-8 Turning ½ left step forward on left, step forward on right, return weight to left, turning ½ right step forward on right (6:00)

TURN ½ SHUFFLE BACK -TURN ½ SHUFFLE FORWARD-STEP ¼ TURN-CROSS SAMBA

1&2-3&4 Turning ½ right shuffle back left, right, left, turning ½ right shuffle forward right-left-right
5-6-7&8 Step forward on left, pivot turn ¼ right, cross/step left over right, step right to right, step left in place (9:00)

CROSS SAMBA-STEP-TURN-TURN-CROSS-HOLD

1&2-3-4 Cross/step right over left, step left to left, step right in place, step forward on left, pivot turn ½ right
5-6-7-8 Step forward left turning ½ right, turning a further ½ turn right step forward on right, cross/step left over right, hold (3:00)

BACK-TOGETHER-CROSS-HOLD-BACK-TOGETHER-STEP-TURN

1-2-3-4 Return weight to right, step left beside right, cross/step right over left, hold
5-6-7-8 Return weight to left, turning ¼ right step forward on right, step forward on left, pivot turn ½ right (12:00)

TURN ½ RIGHT SHUFFLE BACK-BACK-ROCK-TOGETHER-BACK-ROCK-SHUFFLE FORWARD

1&2-3-4 Turning ½ right shuffle back left-right-left, rock/step back onto right, return weight to left
&5-6-7&8 Step right beside left, rock/step back onto left, return weight to right, shuffle forward left-right-left (6:00)

CROSS SAMBA-CROSS-SIDE-BEHIND-SIDE-CROSS-¼L-¼L

1&2-3-4 Cross/step right over left, step left to left, step right in place, cross/step left over right, step right to right
5&6-7-8 Cross/step left behind right, step right to right, cross/step left over right, turning ¼ left step back on right, turning ¼ left step forward on left (12:00)

CROSS-HOLD-ROCK-BACK-CROSS-BACK-TURN-TURN

1-2-3-4 Cross/step right over left (facing left corner- 10, 30), hold, return weight to left, step back on right to right diagonal
5-6-7-8 Cross/step left over right, step back on right, turning ½ left step forward on left (4, 30), turning ½ left step back on right (still facing 10, 30)

STEP-DRAG-STEP-DRAG-STEP-TURN-LEFT TRIPLE TURN

1-2-3-4 (Turning to face 7, 30 corner) step forward on left, drag right towards left, step forward on right, drag left towards right
5-6-7&8 Step forward on left, pivot turn ½ right to face 1, 30 corner, turning left step left-right-left in place to face 6:00 (not quite ¾ turn)

REPEAT