

Say It Right

拍数: 32 墙数: 4 级数: Intermediate hip hop
编舞者: Signature X
音乐: Say It Right - Nelly Furtado



STEP LEFT, CLOSE LEFT, ROCK LEFT, ROCK RIGHT

- 1-2 Step left to left side (arms open wide to both side with head slightly shake diagonally to left, from down to up), hold
- 3-4 Close left next to right (both arms now extends to the front at chest level), hold (while shimmy right shoulder up)
- 5&6 Step left to left side (slightly turn body diagonally to the right), recover weight on right, close left next to right
- 7&8 Step right to right side (slightly turn body diagonally to the left), recover weight on left, close right next to left

TOE SWITCHES X3, HITCH-STEP, WALK BACKWARDS X4

- 1& Point left toe to left, close left next to right
- 2& Point right toe to right, close right next to left
- 3&4 Point left toe to left, hitch left knee up, step left forward (extend both arms to sides at chest level)
- 5-8 Walk backwards right, left, right left

GRAPEVINE LEFT, STEP PRESS, STEP HEEL, STEP PRESS, STEP ¼ TURN RIGHT

- 1 Step left to left
- 2& Step right behind left, step left to left
- 3-4 Step right next to left, hold
- 5& Step left forward, press ball of right behind left
- 6& Step right behind left, step heel of left forward over right
- 7& Step left forward, press ball of right behind left
- 8 Step right ¼ right to right side (facing 3:00)

STEP, HITCH-STEP, SHOULDER ROLL, BODY PUMPS X4

- 1 Step right on the spot (both body and head facing 3:00)
- 2& Hitch left knee up beside right, step left down to left
- 3-4 Roll both shoulder in
- 5-8 Execute body pumps x4

REPEAT
