

Say It Right

拍数: 32 墙数: 4 级数: Beginner
编舞者: Birgitta Bergkvist (SWE)
音乐: Say It Right - Nelly Furtado



STEP, STEP, ANCHOR, BACK LOCK, KICK BALL STEP, TURN ¼ LEFT

1-2 Walk right foot forward, walk left foot forward
3&4 Cross right foot behind left foot, recover weight onto left foot, step right foot back
5&6 Step left foot back, lock right foot across left foot, step left foot back
7&8 Kick right foot forward, place right foot beside left foot, turn ¼ left, step onto left foot

STEP ½ TURN LEFT, LOCK STEP, SWAY, SWAY, WINE

1-2 Step right foot forward, turn ½ left
3&4 Step right foot forward, lock left foot behind right foot, step right foot forward
5-6 Step left foot to left side swaying left, sway right
7&8 Cross left foot behind right foot, step right foot to right side, cross left foot over right foot

ROCK, RECOVER, CROSS SHUFFLE, TURN ¼, STRUT, STRUT

1-2 Rock right foot to right side, recover onto left foot
3&4 Cross right foot over left foot, step left foot to left side, cross right foot over left foot
5-6 Turn ¼ left touch toe forward, press left heel down
7-8 Touch right toe forward, press right heel down

ROCK, RECOVER, SHUFFLE TURN ½ LEFT, ROCK & CROSS, ROCK & CROSS, TURN ¼ RIGHT

1-2 Rock left foot forward, recover onto right foot ¼ turn left
3&4 Step left foot left side, step right foot next to left foot, ¼ turn left, step left foot forward
5&6 Rock right foot to right side, recover onto left foot, cross right foot over left foot
7&8 Rock left foot to side, recover onto right foot, cross left foot over right foot, turn ¼ right

REPEAT
