

Say Nothing

拍数: 32 墙数: 1 级数: Advanced
编舞者: John Jordan (UK)
音乐: When You Say Nothing At All - Ronan Keating



ROCK STEP, STEP. SAILOR ¼ TURN, TWO STEP FULL TURN, TRIPLE STEP FULL TURN

- 1 Rock back on right foot behind left
- 2 Recover forward onto left foot
- 3 Step to right side on right foot
- 4&5 Step left foot behind right, step right foot to right side, step left foot to left making ¼ turn left
- 6-7 Two - step full turn left stepping right, left
- 8&1 Another full turn left stepping right, left, right. (or right shuffle forward)

KICK AND POINT, SAILOR CROSS, KICK AND POINT, SAILOR CROSS, FULL TURN LEFT

- 2&3 Kick left foot forward, step onto left foot, point right toe to right side
- 4&5 (Sailor cross) step right foot behind left, step left foot to left side, cross right foot in front of left
- 6&7 Kick left foot forward, step onto left foot, point right toe to right side
- 8&1 (Sailor cross) step right foot behind left, step left foot to left side, cross right foot in front of left beginning a full turn left

This last step is the first step of a two-step full turn to the left

STEP AND ROCK STEP. RONDE'S BACK RIGHT, LEFT, ½ TURN RIGHT, STEP, TRIPLE STEP FULL TURN RIGHT

- 2-3 Step onto left foot as you finish the turn. Rock forward onto right foot
- 4&5 Step back onto left foot, sweep right foot quickly around to right and step back, sweep left foot quickly around to left and step back
- 6 Sweep right foot around to the right making a ½ turn to the right
- 7 Step forward onto right foot
- 8&1 Full turn to right stepping left, right left. (or left shuffle forward)

ROCK STEPS, ½ TURN, ¾ SPIRAL TURN, RONDE, ROCK STEPS, TRIPLE STEP, ½ TURN RIGHT

- 2-3 Rock forward onto right foot, recover back onto left
- 4&5 Make ½ turn to the right stepping onto right foot, continue turning right keeping the weight on the right foot making another ¾ turn (lightly drag the left foot behind so that the left foot ends crossed behind the right with weight). Sweep right foot round to right and behind left foot
- 6-7 Rock weight back onto right foot, and step forward onto left foot
- 8& Make ½ turn right stepping in place right, left

These last two steps are followed by step one of the dance to form a triple step beginning the dance over

REPEAT
