

Talk About Us

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Kim Swan (UK)
音乐: Let's Talk About Us - Linda Gail Lewis & Van Morrison



HEEL DIGS, STEP HOLD AND REPEAT

- 1& Dig right heel forward, step back in place
- 2& Dig left heel forward, step back in place
- 3-4 Step right forward, hold (clap optional)
- &5& Step right back in place, dig left heel forward, step back in place
- 6& Dig right heel forward, step back in place
- 7-8 Step left forward, hold (clap optional)

HIP ROLL, STEP PIVOTS

- 1-4 Roll hips left, right, left, right in to the left motion
- 5-6 Step right forward, pivot ½ turn to left
- 7-8 Step right forward, pivot ½ turn to left

SHUFFLE, STEP PIVOT AND REPEAT

- 1&2 Right shuffle forward (right, left, right)
- 3-4 Step left forward, pivot ½ turn to right
- 5&6 Left shuffle forward (left, right, left)
- 7-8 Step right forward, pivot ½ turn to left

STEP, TURN, CROSSING STEPS, BACK STEPS, COASTER

- 1-2 Step forward right, pivot ¼ turn to left
- 3&4 Cross right over left, step left to side, cross right over left
- 5-6 Step back on left turning ¼ right, step back on right
- 7&8 Step back on left, step right together, step forward on left

SHUFFLE, ROCK STEPS, SHUFFLE TURN, ROCK STEPS

- 1&2 Right shuffle to the right side (right, left, right)
- 3-4 Rock back on left, rock forward on right
- 5&6 Left shuffle making ¼ turn right (left, right, left)
- 7-8 Rock back on right, rock forward on left

SHUFFLE, ROCK STEPS, SHUFFLE TURN, ROCK STEPS

- 1&2 Right shuffle to the right side (right, left, right)
- 3-4 Rock back on left, rock forward on right
- 5&6 Left shuffle making ¼ turn right (left, right, left)
- 7-8 Rock back on right, rock forward on left

WALK, BUMP HIPS AND REPEAT

- 1-2 Walk right forward, walk left forward
- 3-4 Bump hips right/left with attitude
- 5-7 Repeat steps 1-4

SHUFFLE, ROCK STEPS, SHUFFLE, ROCK STEPS

- 1&2 Right shuffle forward (right, left, right)
- 3-4 Rock forward on left, rock back on right
- 5&6 Left shuffle backwards (left, right, left)

7-8 Rock back on right, rock forward on left

REPEAT

RESTART

Restart after count 32 on walls 3, 6, and 7

ENDING

After wall 8, dance the last 16 counts of the dance twice, then do a full turn
