

# Talk About Us

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



## 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

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