Don't Say A Word

编舞者: Jan Heath

拍数: 32

音乐: Slow Hand - The Pointer Sisters

WALKS FORWARD, ROCKING CHAIR

- Walk forward on left and hold, walk forward on right and hold 1-4
- 5-8 Rock forward on left, recover weight onto right, rock back onto left, recover weight onto right

级数:

SYNCOPATED VINE LEFT, VINE RIGHT WITH A TOUCH

- 9-10& Step left to side, step right behind left and step left to side
- 11-12 Step right across in front of left, step left to side
- 13-16 Step right to side, step left behind right, step right to side, touch left next to right

If you wish to leave out the syncopation, you can do an ordinary vine left, with a touch at the end

STEPS AND TOUCHES, (FORWARD, BACK, LEFT & RIGHT)

- 17-18 Step forward on left, touch right next to it
- 19-20 Step back on right, touch left next to it
- 21-22 Step left to left, touch right next to it
- 23-24 Step right to right, touch left next to it

CHASSE LEFT AND ROCK BACK

- 25&26 Step left to side, step right next to left, step left to side
- 27-26 Rock back onto right, recover weight onto left

CHASSE RIGHT WITH A ¼ TURN LEFT AND ROCK BACK

- 29&30 Step right to side, step left next to right, step right to side, (turning toe in to make 1/4 turn left)
- 31-32 Rock back onto left, recover weight onto right

REPEAT





墙数:0