

Say Cheese

拍数: 64 墙数: 2 级数: Intermediate / Advanced
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音乐: Say Cheese - KC



Intro: 16 Counts

§1: Running Man Steps x 2, ¼ L, Step Side R, Touch Toe L, ¼ L, Step Fwd L, Touch Toe R

1-4 R Step fwd, Draw R near L, L Step fwd, Draw R near L
5-8 ¼ R step R to R, Touch L toe next to R, ¼ R step L fwd, Touch R toe next to L [[6:00]

§2: Touch Toe Side R, Touch Toe Side L, Touch Toe Side R, Body Roll, Step Diagonal Fwd R, Cross L Behind R, ½ L, Kickball Rock

1&2&34 Touch R toe to R, Step R next to L, Touch L toe to L, Step L next to R, Touch R toe to R, start body roll from bottom to top
&567&8 R Step fwd, L Cross behind R, ½ L, R Kick fwd, R Step fwd, L Cross behind R, R Recover weight [12:00]

§3: ¼ L, Kickball Rock, Sweep R, Ronde R, Moonwalk Bwds

1&2& ¼ L kick L fwd, L Step fwd, R Cross behind L, Recover weight L [9:00]
34 R sweep into ronde (end in front of L)
5 With L push R flat to the back, weight ends on R
6 With R push L flat to the back, weight ends on L
78 Repeat counts 56.

§4: Step Fwd R, ½ R, Sweep L, Sailor Step L, Step Fwd L, ½ L, Sweep R, Sailor Step R

123&4 R Step fwd, ½ R step L back, sweep R around and R Cross behind L, L Step to L, Step R to R [3:00]
567&8 L Step fwd, ½ L step R back, Sweep L and Cross behind R, R Step to R, L Step to L [9:00]

§5: Jumping Applejacks, Jumping Heel Touches

1& Turn L heel inside and turn R toes outside, Turn both feet back to center
2& Turn R heel inside and turn L toes outside, Turn both feet back to center
3&4& Repeat counts 1& above twice.
5& R Jump diagonal back to R and touch L heel diagonal fwd, Jump both feet back to center
6& L Jump diagonal back to L and touch R heel diagonal fwd, Jump both feet back to center
7&8& Repeat counts 5& above twice.

§6: Scuff R, Hitch R, Step Fwd R, Cross Fwd, Step in place R, Step side R, Bounce R-L-R-R

123&4 R Scuff fwd, R Step fwd, L Cross behind R, R Step slightly fwd, L Step L
5678 Recover weight R-L-R-L (bouncing body on each count)

§7: Bend both knees, Jump, Cross R, ½ L, Hitch Knee, Shoulder Pop, Side R, Cross L, Side R

1234 Bend both knees, Jump up and cross R over L, ½ L, Hitch R knee [3:00]
5&6 R shoulder up and L shoulder down, L shoulder up and R shoulder down, R shoulder up and L shoulder down
7&8 R Step to R, L Cross over R, R Step to R

§8: Diamond Turn R, Stomp L

1234 L Step diagonal L fwd (1:30) with body facing 4:30, Touch R toe next to L, ½ R step R diagonal fwd R (10:30) with body facing 7:30, Touch L toe next to R
5678 ¼ R step L diagonal L back (7:30) with body facing 10:30, Touch R toe next to L, ¼ R step R fwd (6:00) with body facing 6:00, L Stomp next to R

Repeat! Neither Tag Nor Restart!!
