

Forty Said

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Ruben Luna (USA) - May 2010
音乐: In These Shoes? - Kirsty MacColl



Dance begins after 16 counts on vocals Approx. 12 secs.

Ball Cross R over L Rock Recover, Step L Fwd, Rock Recover, Step R Forward, Rock Recover, Lock Step Back

&1-3 Cross ball of R over L, step L to side, recover onto R, step L forward
4&5 Step R to side (on ball of R), step L forward, step R forward
6-7 Rock forward on L, recover back onto R
8&1 Step L back, lock R in front of L, step L back

1/4 Turn R, Sway R & L, R Scissor, Step L,R to side Triple Left

2-3 1/4 turn right (3:00) step R to side sway hips R, sway hips L
4&5 Step R to side, step L next to R, cross R over L
6-7 Step L to side, step R next to L
8&1 Step L to side, step R next to L, step L to side

RESTART OCCURS here AFTER count 8 on wall 7

Cross Rock Recover, 1/4 Turn R, Triple Step, 3/4 Turn R, Lock Step

2-3 Cross R over L, recover onto L
4&5 1/4 turn right (6:00) step R forward, step L next to R, step R forward
6-7 1/2 turn right step L back (12:00) 1/4 turn right step R forward (3:00)
8&1 Step L forward, lock R behind L, step L forward

1/2 Pivot Turn, Lock Step, Sway Left, Right, Step L To Side

2-3 Step R forward, 1/2 pivot turn left (9:00) taking weight onto L
4&5 Step R forward, lock L behind R, step R forward
6-7 Step L to side sway hip left, sway hip right
8 Step L to side

RESTART: will occur on wall 7. You will do the first 16 counts then restart the dance.

Note: There will be a small break in the music on wall 9 DURING the last 8 counts.

Continue dancing until music starts up again.

Music should start up again on counts 6,7,8