

Read All About It

拍数: 48 墙数: 2 级数: Intermediate Plus
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音乐: Read All About It (feat. Emeli Sandé) - Professor Green



Start on Lyrics (rap) - Sequence : 48.48. 48. 16. 48. 32. 48. 48 . Big finish at the front.

Heel. Hook. Heel. Hitch. Coaster step. Heel grind. Pony steps back

1&2 Dig right heel forward. Hook right across left knee. Dig right heel forward.
&3&4 Hitch right. step back right, step back left step forward right.
5-6 Dig left right heel forward. Swivels toes of left to left as you step right slightly back.
&7 Step left beside right. Step back right.
&8& Step left beside right. Step back right. Step left beside right. (counts &7&8& are small steps with knees bent)

Rock back. Recover. ½ turn. Step back. Touch back. ¼ turn. Sailor step. knee pops. Heel lift.

1-2 Rock back right. Recover left.
&3-4-5 Make ½ turn left stepping back right. Step back left, touch right toe behind. Make ¼ right keeping weight on left.
6&7 Cross step right behind left. Step left to left. Step right to right.
&8 Pop left knee in towards right. Pop left knee to left.
&1 Raise left heel. Drop left heel. (weight on left)

(1st restart- see note below)

Cross. Rock & cross. Side. Back. Cross. ¼. ¼.

2 Cross step right over left.
3&4 Rock left to left. Recover on right. Cross step left over right.
5-6& Step right a large step to right. Cross step left slightly behind right. Cross step right slightly over left.
7-8 Make ¼ right stepping back left. Make ¼ right stepping right to right side.

Cross. ¾. Lock step forward. Side. Drag. Step. cross shuffle.

1-2 Cross left over right. Make ¾ pivot turn right.
3&4 Step left forward. Lock right behind left. Step left forward.
5-6& Step right a large step to right. drag left to right. Step left beside right.
7&8 Cross right over left. Step left to left side.. cross right over left.

(2nd restart- see note below)

Rock/lunge. Recover ¼. ¼. Rock. Step. Kick. Rock. Step. Walk. Walk.

1-2-3 Rock/lunge to left as you step left to left side. Recover making ¼ turn right. Make ¼ right stepping left to left side.
4&5&6& Rock back right. Recover left. Kick right forward. Step right forward. Rock back left. Recover right.
7-8 Walk forward left. Walk forward right.

Stomp. Hold. Bounce ¼. Rock. Recover. Brush. ¼. Step. ½. Step.

1-2 Stomp left forward. Hold.
3-4 Making ¼ right bounce heels twice.
5&6& Rock back right, recover left. Make ¼ right as you brush right forward. Step right forward.
7&8 Step left forward. Make ½ turn right. Step left forward.

R1: 1st restart - 4th wall – section 2

Replace with the following & restart the dance facing the back wall.

6&7 Sailor ¼ turn right.
8 Step forward left

R2: 2nd restart – 6th wall – section 4

Replace with the following & restart the dance facing the front wall.

&8 Step left to left. TOUCH right beside left.
