

I Said It

拍數: 32 牆數: 4
編舞者: Kim Liebsch (DK) - August 2015
音樂: There I Said It - Adam Lambert

級數: Easy Intermediate



Intro: 16 counts after 1st beat (appr. 18 sec) - Start with weight on L foot

Restart: On wall 5 after count 16 counts (*)(3:00)

Tag: After wall 3 – (see description)

#1 section: □ Step, ½ turn, cross back back, step ½ turn, ¼ turn basic side rock, cross rock □

1 Step fw. on R □ 12:00
2&3& Make ½ turn L stepping fw. on L, cross R over L, step back on L, step back on R □ 6:00
4&5 Step fw. on L, make ½ turn R stepping fw. on R, make ¼ turn R stepping L to L side □ 3:00
6&7& Close R behind L, cross L over R, step R to R side, recover on L □ 3:00
8& Cross R over L, recover on L □ 3:00

#2 section: □ Basic, side rock, cross ¼ turn back, step full turn, step ¼ turn step □

1 Step R to R side □ 3:00
2&3& Close L behind R, cross R over L, rock L to L side, recover on R □ 3:00
4&5 Cross L over R, make ¼ turn L stepping back on R, step back on L □ 12:00
6&7& Step fw. on R, make ½ turn R stepping back on L, make ½ turn R stepping fw. on R, step fw. on L □ 12:00
8& Make ¼ turn R stepping R to R side, step fw. on L * (3:00) □ 3:00

#3 section: □ 3 X Step ½ turn, ¼ turn behind with sweep, behind side cross recover, side rock □

1 Step fw. on R □ 3:00
2&3& Make ½ turn L stepping fw. on L, step fw. on R, make ½ turn L stepping fw. on L, step fw. on R □ 3:00
4&5 Make ½ turn L stepping fw. on L, make ¼ turn L stepping R to R side, cross L behind R while sweeping R □ 6:00
6&7& Cross R behind L, step L to L side, cross R over L, recover on L □ 6:00
8& Rock R to R side, recover on L □ 6:00

#4 section: □ ¼ turn, behind ¼ turn step ½ turn, ¼ turn behind ¼ turn, step ½ turn rocking chair □

1 Make ¼ turn R stepping R to R side □ 3:00
2&3& Cross L behind R, make ¼ turn R stepping fw. on R, step fw. on L, make ½ turn R stepping fw. on R □ 12:00
4&5 Make ¼ turn R stepping L to L side, cross R behind L, make ¼ turn L stepping fw. on L 12:00
6&7& Step fw. on R, make ½ turn L stepping fw. on L, rock fw. on R, recover on L □ 6:00
8& Rock back on R, recover on L □ 6:00

Tag: □ Step, step ½ turn step, step ½ turn □

1 Step fw. on R □ 12:00
2&3 Step fw. on L, make ½ turn R stepping fw. on R, step fw. on L □ 6:00
4& Step fw. on R, make ½ turn L stepping fw. on L □ 12:00

Good Luck & N'joy!