There I Said It

拍數: 40 **牆數:** 2 **級數:** Intermediate

編舞者: Val O'Connor (UK) - June 2016

音樂: There I Said It - Adam Lambert : (Album: The Original High)

Intro: 16 Counts (19 Secs Approx), Start On The Word "Say"

FORWARD R (SWEEP L), WEAVE (SWEEP R), R BEHIND SIDE CROSS, L SIDE ROCK CROSS , ¼ L, ½ L SHUFFLE (SWEEP R)

1-2&3	Step R forward (sweep L) , cross L, (&) R to R side, cross L behind R (sweep R)
4&5	Cross R behind L, (&) L to L side, cross R over L
6&7&	Rock L to L side, (&) recover onto R, cross L over R, (&) ¼ L step back on R (9)
8&1	½ L step forward L, (&) step R next to L, step forward on L (sweep R forward) (3)

OPTION FULL TURN : 8& 1 ½ L step forward L, (&) ½ L step back on R, ½ L step forward on L (sweep R forward)

CROSS R SIDE BEHIND (SWEEP L), L BEHIND SIDE R, L CROSS ROCK SIDE ROCK, CROSS TOUCH L, SWEEP L, BEHIND ¼ STEP

2&3-4&	Cross R over L, (&) L to L side, cross R behind L (sweep L), step L behind R, (&) R to R side
5&6&	Cross rock L over R), (&) recover back on R, rock L to L side,(&) recover on R
7&8&1	Cross touch L over R, (&) sweep L around, step L behind R,(&) ¼ R step forward, step forward L (sweep R) (6)

CROSS R, L SIDE ROCK CROSS, R SIDE ROCK, SWAY R L, & CROSS L UNWIND FULL R, R DIAG SHUFFLE LUNGE

2&3&4&	Cross R over L, (&) rock L to L side, , recover on R, (&) cross L over R, rock R to R side (&) recover on L
5-6&7	Sway R to R side, sway L to L side, (&) step R next to L, cross L as you unwind full R (keep weight on L)
8&1	To R diagonal step forward R, (&)step L next to R, lunge forward onto R (Facing R diagonal)

SLOW L ROCK BACK RECOVER, L FORWARD ROCK BACK L (DRAG R), BACK R ½ L FORWARD R, L MAMBO,

2-3-4&5	Slow rock back on L (look back over L shoulder), recover forward on R, L forward rock, (&) recover on R,Take long step back on L (drag R towards L)
6&7&8&	Step back on R, (&) ½ L step forward L (opposite diagonal), step forward R, (&) rock forward on L, recover Back on R, (&) step back on L

BACK R(SWEEP L), BACK L (SWEEP R), R ROCK BACK FORWARD R, ½ R, BACK R (SWEEP L), BACK L (SWEEP R), R ROCK BACK SIDE ROCK

1-2-3&4	(Diag) Step back R (sweep L), step back L (sweep R), rock back on R, (&) recover forward on L, step forward R
&5-6-7&8&	(Diag) (&) ½ R step back L, Step back R (sweep L), step back L (sweep R), rock back R, (&) recover forward on L , 1/8 L rock R to R side , (&) recover on L (Facing 6 o clock)

RESTART FROM BEGINNING

RESTART: DURING WALL 3 – Dance up to section 3, counts 2&3&4& (FACING BACK WALL), restart from the beginning

Please Note this dance is not fast especially the beginning.

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