

# 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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