

Just Sayin'

拍數: 48 牆數: 2 級數: Phrased Easy Intermediate
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音樂: Just Sayin' - James Barker Band : (iTunes, amazon)



SEQ. – AB AB AB AA BB T AA

Part A – 32 Counts

Sec. A1. Sailor Step (x2), Rock, Recover, Coaster Step

1&2 Cross Right behind left (1), Step Left to left side (&), Step Right at center (2)
3&4 Cross Left behind right (3), Step Right to right side (&), Step Left at center (4)
5-6 Step Right forward (5), Recover weight back on left (6)
7&8 Step Right back (7), Step Left back beside right (&), Step Right forward (8)

Sec A2. Ball/Press, Hold (x2), Ball ½ Pivot, Kick/Ball/Cross

&1-2 Step Left beside right (&), Press Right toe forward on the diagonal (1), Hold (2)
&3-4 Step Right beside left (&), Press Left toe forward on the diagonal (3), Hold (4)
&5-6 Step Left back beside right (&), Step Right forward (5), Turn ½ left taking weight on left (6:00)(6)
7&8 Kick right foot forward (7), Step Right beside left (&), Cross Left over right (8)

Sec A3. Ball/Cross, Hold (x2), Heel Jacks

&1-2 Step Right to right side (&), Cross Left over right (1), Hold (2)
&3-4 Step Right to right side (&), Cross Left over right (3), Hold (4)
&5&6 Step Right back on the diagonal (&), Tap Left heel forward on the diagonal (5), Step Left beside Right (&), Cross Right over left (6)
&7&8 Step Left back (&), Tap Right heel forward on the diagonal (7), Step Right back beside left (&), Step Left slightly forward (8)

Sec A4. Step, Heel/Toe Swivels (x2)

1-4 Step Right to right side (1), Bring Right heel in (2), Bring Right toe in (3), Bring Right heel in and step down on in (4)
5-8 Step Left to left side (5), Bring Left heel in (6), Bring Left toe in (7), bring Left toe in and step down on left foot (8)

Part B – 16 Counts

Sec B1. Shimmy Walk, Jazz Box

1-4 Walk forward Right (1), Left (2), Right (3), Left (4) (shimmy shoulders while walking)
5-8 Cross Right over left (5), Step Left back (6), Step Right at center (7), Step Left forward (8)

Sec. B2. Heels Out/Out, In/In, Hip Bumps, 2 ¼ Pivot turns w/Hip Rolls

&1&2 Step Right Heel forward on the diagonal (&), Step Left Heel forward on the diagonal (1), Step Right foot beside left (&), Step Left foot beside right (2)
3-4 Tap Right toe forward bumping right hip forward (3), Bump Right hip forward (4)
5-6 Step down on Right foot (5), Pivot ¼ Turn left (3:00) taking weight on Left (6)
7-8 Step Right foot forward (7), Pivot ¼ Turn left (12:00) taking weight on Left (8)*

*Tag 4 Counts – Slow Hip Roll

1-4 Starting with weight on left roll hips counter clockwise starting at 9:00 (1), Hips to the back (6:00) (2), Hips to the right (3:00) (3), Shift weight back onto Left foot (4)

Have Fun! #Just Sayin'

