

# They Say

拍數: 48      牆數: 4      級數: Intermediate  
編舞者: Jamie Barnfield (UK) - February 2020  
音樂: My Way - Ava Max : (Single - iTunes & Amazon)



**Intro: 16 Counts, start on vocals. (No Tags or Restarts!)**

## **S1: ROCK HEEL TWIST, ROCK HEEL TWIST, ROCK BALL SIDE X2**

1-2            Rock right to right side lifting left heel & twist in (1), rock left to left side lifting right heel & twist in  
3&4           Rock right to right side, on ball of left close next to right, step right to right side  
5-6           Rock left to left side lifting right heel & twist in (1), rock right to right side lifting left heel & twist in  
7&8           Rock left to left side, on ball of right close next to left, step left to left side (12:00)

## **S2: CROSS, SIDE, SAILOR 1/4 HEEL, BALL-STEP, 1/2 BACK, 1/2 SHUFFLE,**

1-2            Cross right over left, step left to left side  
3&4           Step right behind left, step left in place turning 1/4 right, tap right heel fwd (3:00)  
&5-6          Close right next to left, Step forward on left, turn 1/2 left stepping back on right  
7&8           1/4 turn left stepping left to left side, close right next to left, 1/4 turn left stepping forward on left (3:00)

## **S3: CROSS, BACK L R CROSS, BACK SIDE CROSS, SIDE HEEL TWIST, BEHIND 1/4 FWD**

1              Sweep right from back to front and cross over left  
2&3           Step back on left, step back on right, cross left over right  
4&5           Step back on right, step left to left side, cross right over left  
6&7           Step left to left side, twist right heel in, twist right heel out  
8&            Cross left behind right, turn 1/4 right stepping forward (6:00)

## **S4: ROCK RECOVER, SAILOR, HOLD, CLOSE 1/4, 1/2 PIVOT**

1-2            Rock forward on left, recover on right  
3&4           Cross left behind right, step in place with right, step left to left side  
5&6           Hold, close right next to left, 1/4 left stepping forward on left  
7-8           Step forward on right, pivot 1/2 left (weight on left) (9:00)

## **S5: OUT, OUT, COASTER STEP, PIVOT 1/2 WITH SWEEP, ROCK RECOVER**

1-2            Step forward & out on right, step forward & out to left on left  
3&4           Step back on right, close left next to right, step forward on right  
5-6           Step forward on left, pivot 1/2 right (keeping weight on left & sweep right front to back)  
7-8           Rock back on right, recover on left (6:00)

## **S6: 1/2, 1/2, SHUFFLE, STEP 1/2 STEP, KICK-BALL CROSS,**

1-2            1/2 left stepping back on right, 1/2 left stepping forward on left (easier option: Walk, Walk)  
3&4           Step forward on right, close left next to right, step forward on right  
5&6           Step forward on left, pivot 1/2 right, step forward on left  
7&8           Kick right forward, step in place on right, cross left over right (9:00)

**ENDING: The dance finishes during wall 5 after section 2. Sweep the right foot round a further 1/4 to face the front and cross right over left... Ta-Dah!!**