

Say It Loud Now

拍數: 64 牆數: 2 級數: Intermediate
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音樂: Say Something - Keith Urban : (2:57)



Dance starts with Guitar and clear vocal, (when you hear "say something" first time - start after 8 counts.)

Section 1: Walk, Walk, Rock Recover, Step Back, Back, Back, Kick & Kick &

1,2, Step RF fwd, Step LF fwd,
3&4 Step RF fwd, recover weight back on to LF, Step RF back,
5,6 Step LF back, Step RF back
7&8& Kick LF, Step LF next to RF, Kick RF, Step RF next to LF,

Section 2: 3 x Walk fwd, Step ¼ Turn, Cross, Side, Behind, Side, Cross

1,2,3, Step LF fwd, Step RF fwd, Step LF fwd
4&5 Step RF fwd, 1/4 turn to L, Step LF side, RF cross over LF
6 Step LF side L,
7&8 Step RF behind LF, Step LF side, Step RF cross over LF

Section 3: Step ¼ Turn, Step fwd, Lockstep, Step ¼ Turn, coss side cross

1&2, Step LF side, 1/4 turn R, Step RF fwd, Step LF fwd
3&4 Step RF fwd, cross LF behind RF, Step RF fwd,
5,6 Step LF fwd, Step RF side 1/4 turn R,
7&8 Step LF cross over RF, Step RF side, Step LF cross over RF

Section 4: Step ¼ Turn, Run, Run, Run, Rock Recover, Step Back, Touch diag, Hip Action

1,2, Step RF side R, Step LF fwd 1/4 turn L,
3&4 Step RF fwd, Step LF fwd, Step RF fwd
5&6 Step LF fwd, recover weight back on to RF, Step LF back
7&8& Touch RF slightly diagonal fwd, Hip Action (Wall 3 you can do a Hip Roll), on & recover weight back on LF

Section 5: Walk, Walk, Rock Recover, Step ½ Turn, Full Turn, Step ¼ Turn, Cross

1,2, Step RF fwd, Step LF fwd,
3&4 Step RF fwd, recover weight back on LF, Step RF 1/2 turn R fwd,
5,6 Step LF 1/2 turn R back, Step RF 1/2 turn R fwd (Instead of Full turn you can dance 2 Walks)
7&8 Step LF fwd, Step RF side 1/4 turn R, Step LF cross over RF

Section 6: Rumba Box, Half Rumba Box ¼ Turn, Step back, Step fwd, Step fwd

1&2, Step RF side R, Step LF next to RF, Step RF back
3&4 Step LF side L, Step RF next to LF, Step LF fwd
5&6 Step RF side R 1/4 turn L, Step LF next to RF, Step RF back
7&8 Step LF back, Step RF fwd, Step LF fwd

Section 7: 1x Paddle Turn ¼ L, 2 x Paddle Turn ¼ L, Kick, Touch, Sweep, Step, Step side, Step back, Cross

1&2&3&4, 1/8 turn L, Step RF fwd, (7:30 | 1:30), Step LF side, 1/4 turn L, Step RF fwd, Step LF side,
1/4 turn L, Step RF fwd, Step LF side, Kick RF
5, 6 Step RF Ball of the foot and move your upper body fwd - Arms going from front to back,
Sweep LF from back to front
7&,8& Step LF cross over RF, Step RF diagonal R back, Step LF diagonal L back, Step RF cross over LF

Section 8: 1x Paddle Turn ¼ R, 2 x Paddle Turn ¼ R, Kick, Press Line, Sweep, Step, Step side, Step back,

Cross

- 1&2&3&4, 1/8 turn R, Step LF fwd, (1:30 | 7:30), Step RF side, 1/4 turn R, Step LF fwd, Step RF side, 1/4 turn R, Step LF fwd, Step RF side, Kick LF
- 5, 6 Step LF Ball of the foot and move your upperbody fwd - Arms going from front to back, Sweep RF from back to front,
- 7&,8& Step RF cross over LF, Step LF diagonal L back, Step RF diagonal R back, Step LF slightly cross over RF

START AGAIN

Ending: Wall 3 Repeat Section 7&8

Dance Section 8: Count 8& Step Rf Fwd ½ Turn R, Step Lf Fwd (12:00)

Have Fun
