

No Words

拍數: 32 牆數: 4 級數: Improver
編舞者: Yvonne Kramer (CH) - February 2021
音樂: Words I Couldn't Say - Leighton Meester



Intro: 8 Count

Section 1: SAILOR STEP R & L, STEP 1/2 TURN L, STEP, 1/2 TURN R, 1/2 TURN R, STEP

1&2 Cross RF behind LF, Step LF to left side, Weight back on RF
3&4 Cross LF behind RF, Step RF to right side, Weight back on LF
5&6 Step RF forward, Pivot 1/2 turn left, Step RF forward
7&8 1/2 turn right stepping LF back, 1/2 turn right stepping RF forward, Step LF forward

(Restart: on wall 4 / 03.00h)

Section 2: SIDE, BEHIND, (SWEEP) BEHIND, SIDE, CROSS R & L

1,2 Step RF to right side, Cross LF behind RF,
3&4 Sweep RF out around from front to back and Cross RF behind LF, Step LF to left side, Cross RF over LF
5,6 Step LF to left side, Cross RF behind LF,
7&8 Sweep LF out around from front to back and Cross LF behind RF, Step RF to right side, Cross LF over RF

Section 3: STEP 1/4 TURN L, CROSS, KICK BALL CROSS, SIDE ROCK, CROSS, KICK BALL CROSS

1&2 Step RF forward, Pivot 1/4 turn left, Cross RF over LF
3&4 Kick LF forward, Step in place on LF, Cross RF over LF
5&6 Step LF to left side, Weight back on RF, Cross LF over RF
7&8 Kick RF forward, Step in place on RF, Cross LF over RF

Section 4: RUMBA BOX R & L, COASTER STEP, MAMBO STEP

1&2 Step RF to right side, Step LF beside RF, Step RF forward
3&4 Step LF to left side, Step RF beside LF, Step LF backward
5&6 Step RF backward, Step LF beside RF, Step RF forward
7&8 Step LF forward, Weight back on RF, Step LF backward

(Restart: on wall 7 after 28 Count /12.00h)

TAG: (at the end of wall 2 & 5 / 06.00h)

Section 1: SIDE MAMBO R & L

1&2 Step RF to right side, Weight back on LF, Step RF beside LF
3&4 Step LF to left side, Weight back on RF, Step LF beside RF

HAPPY DANCING!

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