

Put You Into Words

拍數: 40 牆數: 4 級數: Improver
編舞者: Caroline Cooper (UK) - March 2021
音樂: Put You Into Words - Clare Dunn



Intro : 16 counts

Section 1: CROSS, BACK, BACK, CROSS, BACK, SIDE, CROSS ROCK, SIDE ROCK, CROSS ROCK, ¼ TURN

1&2 Cross R over L, step back L, step back R (12)
3&4 Cross L over R, step back R, step back L (12)
5& Cross R over L, recover L (12)
6& Rock R to R side, recover L (12)
7& Cross R over L, recover L (12)
8 ¼ turn R stepping fwd R (3)

Section 2: MAMBO, COASTER, STEP ¼ TURN, EXTENDED WEAVE

1&2 Rock fwd L, recover R, step back L (3)
3&4 Step back R, step L next to R, step fwd R (3)
5&6 Step fwd L, ¼ turn R, cross L over R (6)
&7 Step R to R side, cross L behind R, (6)
&8 Step R to R side, cross L over R (6)

RESTART HERE WALL 3 FACING 12

Section 3: RUMBA BOX, COASTER STEP, STEP ¼ TURN CROSS

1&2 Step R fwd, close L next to R, step fwd R (6)
3&4 Step L to L side, close R next to L, step back L (6)
5&6 Step back R, close L next, step fwd R (6)
7&8 Step fwd L, ¼ turn R, cross L over R (9)

Section 4: DIAGONAL TOE STRUT, TOE STRUT, ROCKING CHAIR, STEP LOCK STEP, STEP TURN STEP

1&2& Press down on R toe, drop R heel, press down on L toe, drop L heel (10.30)
3&4& Rock fwd R, recover L, rock back R, recover L (10.30)
5&6 Step fwd R, lock L behind R, step fwd R (10.30)
7&8 Step fwd L, 3/8th turn (3)

Section 5: SIDE ROCK, TOGETHER, SIDE ROCK, TOGETHER, CROSS, BACK, SIDE, FORWARD

1-2& Rock R to R side, recover L, close R next to L (3)
3-4& Rock L to L side, recover R, close L next to R (3)
5-6 Cross R over L, step back L (3)
7-8 Step R to R side, step fwd L (3)
