

Learn to Say No

拍數: 96
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音樂: Learn to Say No - KAYMA

牆數: 2

級數: Phrased Intermediate



Sequence: A-B-C-C-A-B-C-C-B* (B* only first 8 counts)

PART A (40 counts)

CROSS ROCK,RECOVER,SIDE,CROSS ROCK,RECOVER,SIDE,1/4TURNING SAILOR

1&2 Cross right forward,recover to left, Step R side
3&4 Cross left forward,recover to right, Step L side
5-6 Cross right forward,Step L side
7&8 Cross R behind L with turn1/4 Right,L together,R forward(3:00)

SHUFFLE FORWARD,ROCK FORWARD,ROCK BEHIND,SIDE ROCK MAMBO,CROSS

1&2 L forward,step R together,step L forward
3-4 Rock R forward,recover on Left
5-6 Rock R behind,recover on Left
7&8 Rock side right,recover on Left,cross R forward

SIDE,TOGETHER,1/4TURNIG LEFT SHUFFLE FORWARD, ROCK FORWARD/SWIVEL,RECOVER,STEP RIGHT BACK,STEP LEFT BACK STEP RIGHT BACK

1-2 Step L side,step R together
3&4 1/4turn L forward,step R together,step L forward(12:00)
5&6 R forward turning hell to right,recover on left,Step L back
7-8 Step L back,Step R back

COASTER STEP,VOUDENVILLE,VOUDENVILLE,CROSS,STEP BACK

1&2 Step L back ,step R back side L,step L forward
&3&4 Left back,right crossed in front of the left,left to left,righ hell diagonal right
&5&6 Right back,left crossed in front of the right,right to right,left hell diagonal left
&7-8 Left inside,cross right over left,left back

STEP TURN 1/4,CROSS,WEAVE,ROCK SIDE

1-2 Step R ¼ turn to the right,cross left forward(3:00)
3-4 step R to right side,cross L behind R,
5-6 step R to right side,cross L over R,
7-8 Rock side right,recover on Left

B (24 counts)

DIAGONALLY RIGHT SHUFFLE FORWARD,DIAGONALLY LEFT SHUFFLE FORWARD, FLICK,BACK X 3

1&2 Right diagonally right forward,step left together,step diagonally right forward
3&4 Left diagonally left forward,step right together,step diagonally left forward
&5 Flick R behind L, R back step to right diagonal,
&6 Flick L behind R, L back step to left diagonal,
&7 Flick R behind L, R back step to right diagonal,
&8 Flick L behind R, L back step to left diagonal,

SIDE,CROSS,SIDE,DIAGONALLY HELL,CROSS,STEP ¼ TURN,STEP ½ TURN,HOLD

1-2 Step R side,cross L behind R,Stomp
&3 Step R together L,touch Left hell diagonal forward
&4 Step L side R,cross R over L
5-6 Step L 1/4turn right back(6:00),step R 1/2turn right(12:00)

7-8 Stomp L forward, Hold

DIAGONALLY RIGHT SHUFFLE FORWARD, DIAGONALLY LEFT SHUFFLE FORWARD, FLICK, BACK X 3

1&2 Right diagonally right forward, step left together, step diagonally right forward

3&4 Left diagonally left forward, step right together, step diagonally left forward

&5 Flick R behind L, R back step to right diagonal,

&6 Flick L behind R, L back step to left diagonal,

&7 Flick R behind L, R back step to right diagonal,

&8 Flick L behind R, L back step to left diagonal,

PART C (32 counts)

LONG STEP SIDE, ROCK, SIDE, 3/4 STEP TURN, SHUFFLE FORWARD, STEP, STOMP

1 long step R side,

2&3 Rock L behind R, recover on R, step L side

4 Step R $\frac{3}{4}$ turn Right (9:00)

5&6 L forward, step R together, step L forward

7-8 Step R forward, Stomp L forward

LONG STEP SIDE, ROCK, SIDE, 3/4 STEP TURN, SHUFFLE FORWARD, STEP, STOMP

Repeat seq. 1-8 Part C

LONG STEP SIDE, ROCK, SIDE, 3/4 STEP TURN, SHUFFLE FORWARD, STEP, STOMP

Repeat seq. 1-8 Part C

JAZZ BOX $\frac{1}{4}$ TURN RIGHT, CROSS, WEAVE

1-2 Cross R over L, Step L back $\frac{1}{4}$ turn to the Right (6:00)

3-4 Step side Right, Cross L over R

5-6 Step R to right side, cross L behind R,

7-8 Step R to right side, cross L over R,

Last Update - 5 Jul. 2024 - R1
