

Let's Talk It Out

拍數: 64 牆數: 2
編舞者: Francien Sittrop (NL) - March 2023
音樂: Let's Talk It Out - James Intveld

級數: Easy Intermediate



Intro : Start after 16 counts

[1 – 8] Side shuffle R, Rock back, Recover, Sync. Vine L.

1 & 2 Step R to R side, Step L next to R, Step R to the L side.
3 – 4 Rock L back, Recover on R
5 – 6& Step L to L side, Step R behind L, Step L next to R.
7 – 8 Step R across L, Step L to the L side.

[9 – 16] Rock recover x2, Hip Bumps, ¼ turn L.

1 – 2 Rock R back, Recover on L.
3 – 4 Rock R to the R side, Recover on L.
5 – 6 Make 1/8 turn L, Rock R to the R side, Recover on L.
7 – 8 Make 1/8 turn L, Rock R to the R side, Recover on L. (09.00)

[17– 24] Jazz Box, Monterey ¼ Turn R.

1 – 4 Step R across L, Step L back, Step R to the R side, Step L forward.
5 – 8 Touch R to the R side, Make a ¼ Turn R, Step R next to L, Touch L to the L side, Step L next to R (12.00)

[25– 32] Monterey ¼ Turn R, Toe Struts.

1 – 4 Touch R to the R side, Make a ¼ turn R, Step R next to L, Touch L to the L side, Step L next to R
5 – 8 Touch R Toe to R side, Step R Heel down, Step L Toe across R, Step L Heel down (03.00)

[33– 40] Side together Shuffle forward, Side together Shuffle back.

1 – 2 Step R to the R side, Step L next to R..
3 & 4 Step R forward, Step L next to R, Step R forward
5 – 6 Step L to the L side, Step R next to L.
7 & 8 Step L Back, Step R next to L, Step L Back.

[41– 48] Step, Touches x4 and Clap in Hands

1 – 4 Step R diag. R back, Touch L next R, Step L Diag. L Back, Touch R next to L.
5 – 8 Step R diag. R forward, Touch L next to R, Step L diag. L Forward, Touch R next to L.

[49– 56] Side Rock Recover Cross and Hold, Side Rock Recover ¼ Turn R. Step Forward, Hold

1 – 4 Rock R to the R side, Recover on L, Step R across L, Hold.
5 – 8 Rock L to the L side, Recover on R with 1/4 Turn R, Step L forward, Hold. (06.00)

[57– 64] Mambo Step forward, Hold, Coaster Cross, Hold.

1 – 4 Rock R forward, Recover on L Step R back, Hold.
5 – 8 Step L back, Step R next to L, Step L across R, Hold.

Start Again