

Less Talk

拍數: 64 牆數: 4 級數: Intermediate
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音樂: A Little Less Talk & A Lot More Action - The Cheap Seats



FORWARD & BACK, KICKBALL CHANGE, SAILOR STEPS TWICE

1-2 Right heel forward, right toe back
3&4 Right kickball change (ending feet shoulder width apart)
5&6 Right sailor step
7&8 Left sailor step

TOUCH PIVOT, ½ TURN SHUFFLE, COASTER STEP, ½ TURN SHUFFLE

9-10 Touch right foot forward pivot ½ turn left
11&12 Right ½ turn shuffling right left right
13&14 Left coaster step
15&16 Right ½ turn shuffling right left right

STEP TAP ½ TURN LEFT, STEP TAP, ROCK, STEP LEFT AND TOUCH

17-18 Step left foot to left, tap right beside left making ½ turn left
19-20 Step right foot to right, tap left beside right
21&22 Rock left and together
23-24 Step left foot to left, touch right foot by left

ROCK STEP TWICE, STEP APART, KNEE ROLLS

25&26 Rock forward right and together
27&28 Rock forward left and together
29-30 Step right left (feet shoulder width apart)
31-32 Roll knees out right left

HEEL JACK TWICE, JUMP ¼ TURN RIGHT JUMPS X3

&33-34 Left heel jack, hold
&35-36 Right heel jack, hold
&37-38 Make ¼ turn right jumping right left ending feet together, jump
39-40 Jump with feet together, jump with feet together

KICK BALL STEP, WALKS, TOUCH & SPIN & SQUAT, RISE

41&42 Kick right leg forward, step down on ball of right foot, step forward on left
43-44 Walk forward right, left
45-46 Touch forward right spin ½ turn left on ball of left foot, squat down
47-48 Slowly rise back up

HIP WIGGLES X3, ROCK STEP

49&50 Step forward on right leg, wiggle hips right, left, right
51&52 Step forward on left leg, wiggle hips left, right, left
53&54 Step forward on right leg, wiggle hips right, left, right
55&56 Rock forward on left and step left next to right

SNAKE ROLL BODY ROLL AND ¼ TURN, HEEL HOOK WITH ¼ TURN, PIVOT ½ TURN.

57-58 Snake roll to right
59-60 Body roll making ¼ turn to left
61-62 Right heel forward, hook right heel in front of left knee making ¼ turn to left

63-64

Touch right foot forward pivot $\frac{1}{2}$ turn left

REPEAT

On counts 45-48 the move is a lot smoother if you start to go down as you touch forward on the right and body roll as you turn and rise.
