

Said & Done

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Paul Foxall (UK)
音樂: Life - Des'ree



- 1-4 Walk forward right, left, right, left
5&6 Kick right across left, step right across left, step back on left
7-8 Step to right side, sway body to the left
- 1&2 Right side chasse
3-4 Rock right across left, recover
5&6 Left side chasse
7-8 Cross right over left, unwind $\frac{3}{4}$ of a turn to the left
- 1-4 Walk forward right, left, right, left
5&6 Kick right across left, step right across left, step back on left
7-8 Step right to right side, step left over right
- 1-2 Step right forward into $\frac{1}{4}$ of a turn to the right
3&4 Turn a full turn over right shoulder
5-6 Rock forward on left, recover
7&8 Step left foot behind right, step right foot to right side, step left foot across right
- 1-2 Stamp right foot to right side, hold
3&4 $\frac{1}{4}$ turning left shuffle to left side
5-6 Stamp right foot to right side, hold
7&8 Shuffle $\frac{1}{4}$ of a turn to the left
- 1-2 Step right across left, step back on left foot
&3-4 Quickly step on to right foot and cross left over right, step to the right side
5&6 Left sailor step
7&8 Right sailor step
- 1-2 Stamp left to left side
3&4 Right side chasse
5-6 Stamp left foot forward
7&8 $\frac{1}{2}$ turning right shuffle
- 1-2 Step left foot across right, step right forward into $\frac{1}{4}$ of a turn to right
&3-4 Step left foot forward, step right across left, step left foot back to left diagonal
5&6 Right sailor step
7&8 Left sailor step

REPEAT