

Say It

拍數: 32 牆數: 4 級數: Intermediate
編舞者: The Lady In Black (UK)
音樂: Say It Now - Luther Vandross



KICK & POINTS, COASTER STEP, ¼ HITCH POINT, ½ HITCH POINT

1&2 Kick right forward, step right in place, point left to left side
&3&4 Step left in place, point right to right, step right in place, point left to left
5&6 Step back left, step right next to left, step forward left
&7&8 Pivot ¼ turn left on left hitching right knee, point right to right side, pivot ½ turn left on left hitching right knee, point right to right side

CROSS BACK SIDE & CROSS, POP KNEES, PIVOT ½ TURN WITH HEEL BUMPS, COASTER STEP

1&2 Cross right over left, step back left, step right to right
&3&4 Step left in place, cross right over left, pop both knees forward lift both heels, replace heels
5&6 Pivot ½ turn left bumping heels 3 times
7&8 Step left back, step right next to left, step left forward

WALK, WALK, ROCK, ½ TURN, ½ TURN, ¼ MODIFIED SAILOR, WALK

1-2 Walk forward right, walk forward left
3& Rock forward on right replace weight on left
4-5 ½ turn right stepping right forward, ½ turn right stepping left back
6&7 Cross right behind left ¼ turn right, step left to left side step right forward
8 Walk forward on left

ROCK STEP, WALKS BACK, ¼ TURN, TOE PUSHES

1&2 Rock right forward, replace weight on left, step back right
&3-4 Step back left step back right step left to left side ¼ turn left
5&6& Cross right toe over left lifting left heel, replace left heel rock right toe to right side lifting left heel, pushing right hip to side, replace left heel
7&8& Repeat counts 5&6&

REPEAT