

# Say It

拍數: 32      牆數: 4      級數: Improver  
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音樂: Say It Right - Nelly Furtado



## STEP OUT KNEES IN AND OUT (ARM MOVEMENTS), DRAG LEG, TOUCH BALL CHANGE, WALK, WALK, ROLL KNEE, LOOK BACK

- 1 Step right foot out to right
- While doing this bend right knee in**
- & Bend right knee out
- 2 Straighten right knee
- 3 Drag right foot to left foot
- 4 Touch right foot next to left foot
- & Put weight on right foot
- 5 Step left foot forward
- 6 Step right foot forward
- 7 Step left foot forward
- & Right knee roll out to right
- 8 Look back over right shoulder

### Arm movements first 2 counts:

- 1 Twist upper body slightly to left, right arm up and left arm down, in front of the body
- & Put right arm down, left arm up
- 2 Put right arm up, left arm down

## HOLD, TURN ¼ RIGHT, CROSS, TURN ¼ RIGHT WALK, WALK, SKATE SWIVELS, AND OUT, HOLD

- 1 Hold
- & Put weight on right foot
- 2 Turn ¼ over right and cross left foot over right foot
- 3 Turn ¼ over right and step right foot forward
- 4 Step left foot forward
- 5 Swivel to right on right foot
- 6 Swivel to left on left foot
- 7 Step right foot out to right
- & Step left foot out to left
- 8 Hold

## SHOULDER POPS, ½ TURN HEEL RONDE, SAILOR STEP, JUMP, KICK, SAILOR STEP

- 1 Pop left shoulder to left
- & Pop shoulder to right
- 2 Pop left shoulder to left
- & Turn ½ over right
- While doing this make ronde with right and keep right heel on the floor**
- 3 Step right foot backwards
- & Step left foot next to right foot
- 4 Step right foot forward
- 5 Jump forward on left foot
- 6 Jump backwards on left foot
- While doing this kick right foot forward**
- 7 Step right foot backwards
- & Step left foot next to right foot
- 8 Step right foot forward

**WALK, ¼ TURN, TOE IN, HEEL OUT, POSE, ¼ TURN, ½ TURN**

- 1 Step left foot forward
- 2 Turn ¼ over left and touch right toe next to left foot
- & Touch right heel out
- 3 Touch right toe next to left foot
- & Step right foot to right
- 4 Touch left toe to left and put both arms to left
- 5 Turn ¼ over left
- 6 Step right foot forward
- 7 Turn ½ over left
- 8 Touch right foot next to left foot

**REPEAT**

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