

Talk About It

COPPER KNOB
STEPSHEETS

拍數: 80 牆數: 2 級數: Intermediate
編舞者: Joy Huggins (USA)
音樂: Talk About It - Nicole C. Mullen



QUICK STEPS: FORWARD, BACK, FORWARD, FORWARD, THEN BACK 4X

&1&2 Step right-left forward, step right-left back
&3&4 Step right-left forward, step right-left forward
&5&6 Step right-left back, step right-left back
&7&8 Step right-left back, step right-left back

KICK & TOUCH (RIGHT THEN LEFT), HEEL BOUNCE FULL TURN

9&10 Right kick-ball-touch left toe to left side
11&12 Left kick-ball-touch right behind left
13-16 Bounce heels 4x making full turn to the right (to front), pulsing hands downwards, weight ending right

SIDE SHUFFLES WITH BACK ROCK-STEPS

17&18 Shuffle to left side, stepping left-right-left
19-20 Rock right back, recover on left
21&22 Shuffle to right side, stepping right-left-right
23-24 Rock left back, recover on right

FORWARD SHUFFLES AND ½ PIVOT TURNS

25&26 Shuffle forward left-right-left
27&28 Shuffle forward right-left-right
29-30 Step forward left, turn ½ right taking weight on right
31-32 Step forward left, turn ½ right taking weight on right

33-40 Repeat forward shuffles and ½ pivot turns

On & count after count 40, step left to left side, shoulder-width apart

HIP BUMPS SWINGING ARMS SIDE TO SIDE, LEFT HIP BUMP 4X "TWIRLING" RIGHT HAND

41-42 Right hip bump (swing arms up and to the right), left hip bump (swing arms up and to the left)
43-44 Right hip bump (swing arms up and to the right), left hip bump (swing arms up and to the left)

Settle in to left hip with left hand on left hip

45-48 Left hip bump 4x, right hand going around as if swinging a chain

SHUFFLE RIGHT TURNING ¼, STEP LEFT TURN ½, SHUFFLE LEFT FORWARD, STEP RIGHT ¼ TURN LEFT

49&50 Pivot ¼ turn right and shuffle forward right-left-right
51-52 Step forward left, turn ½ right taking weight on right
53&54 Shuffle forward left-right-left
55-56 Step forward right, turn ¼ left taking weight on left

SAILOR STEPS

57&58 Right sailor step
59&60 Left sailor step
61&62 Right sailor step
63&64 Left sailor step

KICK STEP STEP & KNEE POPS

65&66 Kick right across left, recover right, step left to left side shoulder-width apart
67-68 Pop right knee towards left (like Elvis), pop knee back to straight leg keeping weight on left
69-72 Repeat counts 65-68

SAILOR STEPS

73&74 Right sailor step
75&76 Left sailor step
77&78 Right sailor step
79&80 Left sailor step

REPEAT

TAG

Beginning of 3rd wall only, facing front

RIGHT TAP FORWARD, TOGETHER, RISE UP, BEND (PLIE), BUMP LEFT HIP 4X

1-2 Tap right toe forward, bring back to 3rd position
3-4 Rise up on toes, plie down, (slight bend in knees)
5-8 Bump hips left 4x
9-16 Repeat

FINISH

End of song, you'll be facing the front wall

65-68 Kick step step, knee pop, keep weight on left
69-70 Point right toe forward and circle to the right (ronde) for "let the redeemed of the lord"
71-72 Tap right ball of foot twice next to left for "say so"
