

# Talk About Us

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Kim Swan (UK)  
音樂: Let's Talk About Us - Linda Gail Lewis & Van Morrison



## HEEL DIGS, STEP HOLD AND REPEAT

- 1&            Dig right heel forward, step back in place
- 2&            Dig left heel forward, step back in place
- 3-4           Step right forward, hold (clap optional)
- &5&          Step right back in place, dig left heel forward, step back in place
- 6&            Dig right heel forward, step back in place
- 7-8           Step left forward, hold (clap optional)

## HIP ROLL, STEP PIVOTS

- 1-4           Roll hips left, right, left, right in to the left motion
- 5-6           Step right forward, pivot ½ turn to left
- 7-8           Step right forward, pivot ½ turn to left

## SHUFFLE, STEP PIVOT AND REPEAT

- 1&2           Right shuffle forward (right, left, right)
- 3-4           Step left forward, pivot ½ turn to right
- 5&6           Left shuffle forward (left, right, left)
- 7-8           Step right forward, pivot ½ turn to left

## STEP, TURN, CROSSING STEPS, BACK STEPS, COASTER

- 1-2           Step forward right, pivot ¼ turn to left
- 3&4           Cross right over left, step left to side, cross right over left
- 5-6           Step back on left turning ¼ right, step back on right
- 7&8           Step back on left, step right together, step forward on left

## SHUFFLE, ROCK STEPS, SHUFFLE TURN, ROCK STEPS

- 1&2           Right shuffle to the right side (right, left, right)
- 3-4           Rock back on left, rock forward on right
- 5&6           Left shuffle making ¼ turn right (left, right, left)
- 7-8           Rock back on right, rock forward on left

## SHUFFLE, ROCK STEPS, SHUFFLE TURN, ROCK STEPS

- 1&2           Right shuffle to the right side (right, left, right)
- 3-4           Rock back on left, rock forward on right
- 5&6           Left shuffle making ¼ turn right (left, right, left)
- 7-8           Rock back on right, rock forward on left

## WALK, BUMP HIPS AND REPEAT

- 1-2           Walk right forward, walk left forward
- 3-4           Bump hips right/left with attitude
- 5-7           Repeat steps 1-4

## SHUFFLE, ROCK STEPS, SHUFFLE, ROCK STEPS

- 1&2           Right shuffle forward (right, left, right)
- 3-4           Rock forward on left, rock back on right
- 5&6           Left shuffle backwards (left, right, left)

7-8                    Rock back on right, rock forward on left

**REPEAT**

**RESTART**

Restart after count 32 on walls 3, 6, and 7

**ENDING**

After wall 8, dance the last 16 counts of the dance twice, then do a full turn

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