

Talking To Myself

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Pam Cassells (AUS)
音樂: When I'm Drinking - Adam Harvey



RIGHT STRUT, LEFT STRUT, OUT, OUT, IN, IN, OUT, OUT, IN, IN

- 1-2-3-4 Heel/toe struts - right heel forward, weight onto right foot, left heel forward, weight onto left foot
- &5&6 Step right to right side, step left to left side, step right to center, step left to center (out, out, in, in,)
- &7&8 Step right to right side, step left to left side, step right to center, step left to center (out, out, in, in,)

RIGHT TOE/HEEL STRUT REGGAE

- 1-8 Right toe/heel strut reggae - step right over left foot, drop right heel, touch left toe back, drop onto left heel, step right toe to right side, drop onto right heel, step left toe forward, drop onto left heel

RIGHT TOE/HEEL STRUT REGGAE

- 1-8 Right toe/heel strut reggae - step right over left foot, drop right heel, touch left toe back, drop onto left heel, step right toe to right side, drop onto right heel, step left toe forward, drop onto left heel

SIDE, TOGETHER, SIDE TOGETHER, HEEL, TOGETHER, HEEL, TOGETHER

- 1-2-3-4 Touch right toe to right side, step right beside left, touch left toe to left side, step left beside right
- 5-6-7-8 Touch right heel to right diagonal, step right beside left, touch left heel to left diagonal, step left beside right

RIGHT BRUSH UP, LEFT BRUSH UP

- 1-2-3-4 Right brush up - touch right heel to right diagonal, hook right over left, touch right heel to right diagonal, step right beside left
- 5-6-7-8 Left brush up - touch left heel to left diagonal, hook left over right, touch left heel to left diagonal, step left beside right

FORWARD COASTER, HOLD, BACKWARD COASTER, HOLD

- 1-2-3-4 Right forward coaster step - step right forward, step left beside right, step right back, hold
- 5-6-7-8 Left backward coaster step - step left back, step right beside left, step left forward, hold

SWEEP, STEP, SWEEP, STEP

- 1-2-3-4 Sweep right out and forward, step right forward, sweep left out and forward, step left forward

CHARLESTON

- 1-2 Sweep right toe out and forward to touch in front, hold for one count
- 3-4 Sweep right toe out and step back on right, hold for one count
- 5-6 Sweep left toe out and back to touch behind, hold for one count
- 7-8 Sweep left toe out and step forward on left, hold for one count

STEP, HOLD, TURN, HOLD

- 1-2-3-4 Step right forward, hold, pivot ¼ turn left - placing weight onto left, hold

REPEAT

TAG

At the beginning of wall four, there are an extra eight counts so do the first 8 counts twice

RESTART

On wall 6, dance the first 40 counts and restart the dance from the beginning

FINISH

Dance to count 44 and finish with a $\frac{1}{4}$ left turning sailor step to the front
