

Just Say It

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Dee Musk (UK) & Lauren Caulfield (UK)
音樂: I Wanna Hear You Say It - Michael Bolton



SIDE LUNGE, FLICK, BEHIND, ½ TURN LEFT, STEP, POINT DOWN & UP, FLICK, CROSS STEP CROSS

- 1-2 Weight on left, lunge right to right side, recover weight to left, and flick right foot to right diagonal
- 3&4 Step right behind left, make a ½ turn left stepping left forward, step right next to left
- 5-6 Point left toe forward (weight remaining on right), bend down, stand up and flick the left foot forward
- &7&8 Step left next to right, cross right foot over left, step left to left side, cross right foot over left

POINT, HOOK ¾ TURN LEFT, STEP LOCK STEP, SIDE CLOSE, SIDE CLOSE SIDE

- 1-2 Point left to left side, hook left in front of right while turning ¾ turn left (weight remaining on right)
- 3&4 Step forward on left, lock right behind left, step forward on left
- 5-6 Step right to right side, close left to right (Cuban hip style)
- 7&8 Step right to right side, close left to right, step right to right side (Cuban hip style)

ROCK RECOVER, 1 ¼ TURN LEFT, MONTEREY ½ TURN RIGHT WITH SIDE ROCK & CROSS

- 1-2 Rock left across right, recover weight on to right
- 3&4 ¼ turn left, stepping left forward, ½ turn left, stepping right foot back, ½ turn left, stepping left forward
- 5-6 Point right toe to right side, ½ turn right, stepping right foot next to left
- 7&8 Rock left to left side, recover weight on to right, cross left over right

TRAVELING BACKWARDS ROCK & CROSS TWICE, ROCK ¼ TURN TOUCH, BACK LUNGE AND TOUCH

- 1&2 Rock right to right side, recover weight on to left, cross right over left.(traveling backwards)
- 3&4 Repeat above steps on the left
- 5&6 Rock right to right side, ¼ turn left, stepping left forward, touch right behind left
- 7&8 Lunge right foot back, leaning back on the right and looking over your right shoulder, recover weight on to the left, and bring right to touch behind left

REPEAT
