

That's No Lie

拍數: 48 牆數: 4 級數: Improver
編舞者: Steve Rutter (UK) & Claire Butterworth (UK) - July 2011
音樂: Sweat (A La La La La Long) - Mehrzad Marashi & Mark Medlock : (Album: Long New Life)



(16 Count Intro' from "I've Been Watching You").

Section 1 – Step Forward, Mambo Rocks, Weave, Side Rock.

1 Step right forward.
2& Rock forward on left, recover weight onto right.
3& Rock left to left side, recover weight to right.
4&5 Cross left behind right, step right to right side, cross left over right.
6-7 Rock right to right side, recover weight onto left. (12 o'clock)

Section 2 – Cross Behind, ¼ Turn Left, Side Step, Sailor Steps, Weave, Side Step.

8&1 Cross right behind left, make a quarter turn left stepping left forward, step right to right side.
2&3 Cross left behind right, step right beside left (taking weight), replace weight onto left.
4&5 Cross right behind left, step left beside right (taking weight), replace weight onto right.
6&7 Cross left behind right, step right to right side, cross left over right.
& Step right to right side. (9 o'clock)

Section 3 – Crossing Shuffle, Side Mambo, Side Rock & Cross, Step Back, Side Step.

8&1 Cross left over right, step right to right side, cross left over right.
Optional Arms: When Dancing Count 7 (Sec 2) and count 8 and count 1 (Sec 3)
Push both hands out to left at shoulder level, palms of hands facing left as if pushing yourself to move right.
Bring them back in towards your body on the & counts.
2&3 Rock right to right side, recover weight onto left, close right beside left.
4&5 Rock left to left side, recover weight onto right, cross left over right.
6-7 Step back on right, step left to left side. (9 o'clock)

Section 4 – Crossing Shuffle, Reverse Rumba Box, Prissy Walks.

8&1 Cross right over left, step left to left side, cross right over left.
2&3 Step left to left side, close right beside left, step back on left.
4&5 Step right to right side, close left beside right, step right forward and across left slightly.
6-7 Cross left over right, cross right over left. (9 o'clock)

Section 5 – Step Forward, Pivot a ½ Turn Right, Step Forward, Walks ,(Cross, Step Back, Side Step) x2.

8&1 Step forward on left, pivot a half turn right, step forward on left.
2-3 Step Forward on Right, Step Forward on left.
OPTION: Counts 2-3 can be replaced with a full turn left travelling forward on right, left.
4&5 Cross right over left, step back on left, step right to right side.
6&7 Cross left over right, step back on right, step left to left side. (3 o'clock)

Section 6 – Cross, Step Back, ¼ Turn Right, Cross, Side Step, Sailor ¼ Turn Left, Toe Touches, Back Mambo Rock.

8&1 Cross right over left, step back on left, make a quarter turn right stepping right forward.
2-3 Cross left over right, step right to right side.
4&5 Cross left behind right, make quarter turn left stepping right beside left (taking weight), replace weight onto left.
6-7 Touch right toe forward, touch right toe to right side.
8& Rock back on right, recover weight forward on left. (3 o'clock)

Begin Again & Enjoy!
