

Say It Isn't

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Victoria Rogers (CAN) - March 2012
音樂: Say It Isn't So - Daryl Hall & John Oates : (CD: The Very Best of Hall and Oates)



Step fwd, touch, rock back-recover; press-recover angling to left, walk around turn

1-2 step fwd on R, slide L toe fwd behind R
&3 rock back on L, recover fwd to R
4-5-6 press fwd on L slightly left toward (10:30), recover weight back onto R (with circular hip motion), still facing 10:30, hold
&7, 8 step L, turning 1/4 to left, facing 7:30; walk around 1/2 turn, R L, (facing 1:30)

Step, rock back-recover, spiral turn, ball-step, point, cross shuffles

1-2 step fwd on R, hold
&3 rock back onto L, recover fwd to R (prep for spiral turn)
4 full spiral turn to left
&5, 6 step down on L, step fwd on R, point L toe out to L
&7&8& Step L to side close to R, cross R over L, step L, cross R over L, step L)
(following your toe point -- still facing 1:30, but you're traveling towards 10:30).
Do shoulder shrugs: raise shoulders up on the & counts, down on the full counts

Cross, swivel, forward toe-touches, rock back-recover, brush, step-lock behind

1-2 cross R over L, hold
&3, 4 swivel 1/2 turn, ending with weight back on R, squaring up to 6:00 wall and point L forward, hold
&5, 6 switch: step on L, point R toe fwd, hold
&7& rock back on R, recover fwd to L, brush R fwd
8& step R, lock L behind R

Step fwd, kick-hitch turn; heel-jack turn, ball-cross, ¼ turn to left

1 step fwd on R
2&3, 4 kick L fwd, bringing knee up, circle L leg around, and point L toe out to left side, hold (facing 12:00)
&5&6 Step onto ball of L foot close to R, cross R over L, making 1/4 turn to right (French cross), step on L, touch R heel to right (now facing 3:00 wall)
&7 Step on ball of R foot, cross L over R
8& turn ¼ to left stepping back on R, step around ½ turn to left, stepping forward on L

Repeat

4 count Tag – after the 9th wall

1-2 Step fwd on R, slide L toe fwd behind R
&3 step on L in place, step fwd on R
4& slide L toe fwd behind R, step on L in place

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