

Talk

拍數: 64 牆數: 4 級數: Improver / Intermediate
編舞者: Yvonne Anderson (SCO) - July 2012
音樂: Talk Is Cheap - Alan Jackson : (Album: Thirty Miles West)



Notes: Start on vocal. Dance finishes facing forward

[1-8] SIDE ROCK, RECOVER, HEEL TOUCH, STEP, SIDE ROCK, RECOVER, STEP BACK, HOLD

1234 Rock R to right, Recover weight on L, Touch R heel forward, Step R beside left [12]
5678 Rock L to left, Recover weight on R, Step L back, Hold [12]

[9-16] FULL TRIPLE TURN RIGHT (on the spot), HOLD, FORWARD SHUFFLE, HOLD

1234 Make a full turn right stepping R, L, R, Hold [12]

***(Easier option – Right coaster step)**

5678 Shuffle forward stepping L,R,L, Hold [12]

[17-24] STEP, 1/2 TURN, RUN, RUN, ROCK FORWARD, RECOVER, SIDE ROCK, RECOVER

1234 Step R forward, Make 1/2 turn left taking weight on L, Step R forward, Step L forward [6]
5678 Rock R forward, Recover weight on L, Rock R to right, Recover weight on L [6]

[25-32] BEHIND, 1/4 TURN LEFT, STEP FORWARD, BRUSH, ROCK, RECOVER, STEP BACK, DRAW

1234 Step R behind left, Make 1/4 turn left stepping L forward, Step R forward, Brush L forward [3]

***(Harder option – [1] Step R across left, [2] Make 1/4 turn right stepping L back [3] Make 1/2 turn right stepping R forward, [4] Brush L forward**

5678 Rock L forward, Recover weight on R, Step L back (long step), Draw R to left (weight on left) [3]

[33-40] SIDE SHUFFLE, SWEEP, SAILOR 1/2 CROSS, HOLD

1234 Step R to right, Step L beside right, Step R to right, Sweep left out (preparing for sailor turn) [3]

5678 Make 1/4 turn left stepping L behind right, Make 1/4 turn left stepping R to side, Step L across right, Hold [9]

[41-48] SIDE, TOGETHER, STEP 1/4 TURN RIGHT, LOCK, STEP, LOCK, STEP

1234 Step R to right, Step L beside right, Make 1/4 turn right stepping R forward, Lock L behind right [12]

5678 Step R forward, Lock L behind right, Step R forward, Hold [12]

[49-56] MAMBO 1/2 TURN LEFT, HOLD PADDLE 3/4 TURN LEFT, HOLD,

1234 Rock L forward, Recover weight on R, Make 1/2 turn left stepping L forward, Hold [6]

5678 On ball of L make 1/4 turn left, Touch R toes to right, On ball of L make 1/2 turn left, Step R to right, Hold [9]

[57-64] LEFT SAILOR STEP, HOLD, STEP, 1/2 TURN LEFT, TOUCH, HOLD

1234 Step L behind right, Step R to right, Step L to left, Hold [9]

5678 Step R forward, Make 1/2 turn left taking weight on left, Touch R beside left, Hold [3]

Repeat

Revised - 9th August 2012