Action (少說多做) (zh)

Count: 32 **Wall:** 2 **Level:** Improver
Choreographer: Darren Bailey (UK) - 2009年06月
Music: A Little Less Talk and a Lot More Action - Toby Keith

前奏： 16 counts from first beat, on vocal (app. 7 secs into track). Start with weight on L foot

第一段 Walk Back X2, Sailor 1/2 Turn L, Step Pivot 1/2 Turn L, Kick Out, Out.後走步二次, 水手左1/2, 踏轉, 踢 外 外

1-2 Step back on Lf, step back on Rf 左足後踏, 右足後踏

3&4 Step back on Lf making a 1/4 turn L, step Rf to R side, make a 1/4 L and step forward on Lf
左轉90度左足後踏, 右足右踏, 左轉90度左足前踏

5-6 Step forward on Rf, make a 1/2 pivot turn L placing weight onto Lf
右足前踏, 左轉180度重心在左足

7&8 Kick Rf forward, step Rf next to Lf, step Lf to L side
右足前踢, 右足併踏, 左足左踏

第二段 Hitch And Stomp, Heel Bounces And Clicks X3, Hip Sways X4
抬 重踏, 踵彈彈指三次, 擺臀四次

&1 Hitch R knee across L knee, Stomp Rf to R side
右膝於左膝前抬, 右足右重踏

2-4 Bounce R heel whilst clicking fingers of R hand x3
右足踵彈跳並彈手指三次

5-6 Sway hips over to R, sway hips over to L 右擺臀, 左擺臀

7-8 Sway hips over to R, sway hips over to L 右擺臀, 左擺臀

(counts 5-8 are just a guide line, do what you feel)

第三段 Behind, Side, Cross Shuffle, Side Rock, Recover, Cross Shuffle
後, 旁, 交叉交換, 側下沉, 回復, 交叉交換

1-2 Cross Rf behind Lf, step Lf to L side
右足於左足後交叉踏, 左足左踏

3&4 Cross Rf over Lf, step Lf to L side, cross Rf over Lf
右足於左足前交叉踏, 左足左踏, 右足於左足前交叉踏

5-6 Rock Lf to L side, recover onto Rf 左足左下沉, 右足回復

7-8 Cross Lf over Rf, step Rf to R side, cross Lf over Rf
左足於右足前交叉踏, 右足右踏, 左足於右足前交叉踏

第四段 1/4 Turn R, Side Touches And Crosses X2, Jazz Box With A 1/4 Turn R, Kick L 右1/4, 側點交叉二次, 爵士方塊帶右1/4, 左踢

1-2 Make a 1/4 turn R and step forward on Rf, touch L toe to L side
右轉90度右足前踏, 左足趾左點

3-4 Cross Lf over Rf, touch R toe to R side
左足於右足前交叉踏, 右足趾右點

5-6 Cross Rf over Lf, step back on Lf
右足於左足前交叉踏, 左足後踏

7-8 Make a 1/4 turn R and step Rf to R side, Kick Lf forward.
右轉90度右足右踏, 左足前踢