Say What You Need

拍数: 32

级数: Intermediate

编舞者: Taren Gaia (SA) - July 2015

音乐: Say What You Need To Say - John Meyer

Intro: 16 counts	
[1-8]□Fwd R mambo, reverse L sweep, weave, side R mambo, sailor 1/4 turn, lock step L	
1&2	Step RF fwd, recover weight onto LF, step RF back sweeping LF front to back
3&4	step LF behind RF, step RF to R side, step LF over RF
5&6	step RF to R side, recover weight onto LF, step RF to LF sweeping LF front to back
7&	making a 1/4 turn L step LF behind RF, step RF to R side (9:00)
8&1	step LF fwd, step RF behind LF, step LF fwd
[9-16]□Lock step R, mambo L fwd, touch L back, ½ pivot into R sweep, jazz box	
2&3	Step RF fwd, step LF behind RF, step RF fwd
4&5	Step LF fwd, recover weight onto RF, point LF back
6	making a ½ turn pivot L transfer weight onto LF, sweeping RF back to front (3;00)
7&8&	Step RF over LF, step LF back, step RF to R side, step LF over RF
[17-24]□Scissor cross, 1/2 turn cross, 3 x sways, L Sailor step	
1&2	Step RF to R side, step LF to RF, step RF over LF
3&4	making a 1/2 turn R step LF back, step RF to R side, step RF over LF (face 9:00)
5-6-7	step RF to R side swaying body R, repeat sway to L and R
8&1	step LF behind RF, step RF to R side, recover weight onto LF
[25-32] \Box R sailor step, L coaster step, fwd R rock recover, 1/2 turn R step, step L \Box	
2&3	step RF behind LF, step LF to L side, recover weight onto RF
4&5	step LF back, step RF to LF, step LF fwd
6&	step RF fwd, recover weight onto LF
7-8	making a 1/2 turn R, step RF fwd, step LF fwd
RESTART: Wall 3 and 7: After 8 counts (finish the sailor step, don't go into the lockstep)	

This dance was choreographed for Carol Behrman.

Last Update - 31st July 2015





墙数:4