

# Said & Done

拍数: 64      墙数: 2      级数: Intermediate  
编舞者: Paul Foxall (UK)  
音乐: Life - Des'ree



- |      |   |
|------|---|
| 1-4  | Walk forward right, left, right, left   |
| 5&6  | Kick right across left, step right across left, step back on left                       |
| 7-8  | Step to right side, sway body to the left   |
|      |   |
| 1&2  | Right side chasse   |
| 3-4  | Rock right across left, recover   |
| 5&6  | Left side chasse  |
| 7-8  | Cross right over left, unwind $\frac{3}{4}$ of a turn to the left                       |
|      |   |
| 1-4  | Walk forward right, left, right, left   |
| 5&6  | Kick right across left, step right across left, step back on left                       |
| 7-8  | Step right to right side, step left over right  |
|      |   |
| 1-2  | Step right forward into $\frac{1}{4}$ of a turn to the right                            |
| 3&4  | Turn a full turn over right shoulder  |
| 5-6  | Rock forward on left, recover   |
| 7&8  | Step left foot behind right, step right foot to right side, step left foot across right |
|      |   |
| 1-2  | Stamp right foot to right side, hold  |
| 3&4  | $\frac{1}{4}$ turning left shuffle to left side   |
| 5-6  | Stamp right foot to right side, hold  |
| 7&8  | Shuffle $\frac{1}{4}$ of a turn to the left   |
|      |   |
| 1-2  | Step right across left, step back on left foot  |
| &3-4 | Quickly step on to right foot and cross left over right, step to the right side         |
| 5&6  | Left sailor step  |
| 7&8  | Right sailor step   |
|      |   |
| 1-2  | Stamp left to left side   |
| 3&4  | Right side chasse   |
| 5-6  | Stamp left foot forward   |
| 7&8  | $\frac{1}{2}$ turning right shuffle   |
|      |   |
| 1-2  | Step left foot across right, step right forward into $\frac{1}{4}$ of a turn to right   |
| &3-4 | Step left foot forward, step right across left, step left foot back to left diagonal    |
| 5&6  | Right sailor step   |
| 7&8  | Left sailor step  |

**REPEAT**