

Said & Done

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



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|------|---|
| 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 |
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| 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