And I Say



拍數: 32 牆數: 4 級數: Phrased Intermediate

編舞者: Gary O'Reilly (IRE) - July 2021

音樂: What's Up? - Hannah Grace & Sonny



Music Available from iTunes & Amazon #32 count intro

Sequence AAB AA AAB AAB B

Section A

Section 1: ROCK FWD, ½, ROCK FWD, ½, ½ SWEEP, BEHIND, SIDE, CROSS ROCK, SIDE, TOUCH

12&	Rock forward on R (1), recover on L (2), ½ turn R stepping forward on R (&) (6:00)
3 4 &	Rock forward on L (3), recover on R (4), ½ turn L stepping forward on L (&) (12:00)

5 ½ turn L stepping back on R sweeping L from front to back (5) (6:00)

6 & Cross L behind R (6), step R to R side (&)
7 & Cross rock L over R (7), recover on R (&)
8 & Step L to L side (6), touch R next to L (&)

Section 2: SIDE/DRAG, BEHIND, SIDE, CROSS ROCK, ¼, PRISSY WALK, PRISSY WALK, ROCKING CHAIR

12&	Long step to R side dragging L (1), cross L behind R (2), step R to R side (&)
3 4 &	Cross rock L over R (3), recover on R (4), 1/4 turn L stepping forward on L (&) (3:00)
5 6	Walk forward on R slightly crossing over L (5), walk forward on L slightly crossing over R (6)
7&8&	Rock forward on R (7), recover on L (&), rock back on R (8), recover on L (&)

Section B

8 &

Section 1: HITCH, SWEEP, SWEEP, BEHIND, SIDE, HITCH, SWEEP, SWEEP, BEHIND, SIDE

1	1/8 L stepping forward on R hitching L knee into figure 4 (1) (4:30)
2 3	Step back on L sweeping R around from front to back (2), step back on R sweeping L around from front to back (3)
4 &	1/8 R crossing L behind R (4), step R to R side (&) (6:00)
5	1/8 R stepping forward on L hitching R knee into figure 4 (5) (7:30)
6 7	Step back on R sweeping L around from front to back (6), step back on L sweeping R around from front to back (7)

Section 2: CROSS ELILL LINIMIND BASIC NO SWAY SWAY BACK/SWEED BEHIND SIDE

1/8 L crossing R behind L (8), step L to L side (&) (6:00)

Section 2: CROSS, FULL UNWIND, BASIC NC, SWAY, SWAY, BACK/SWEEP, BEHIND, SIDE		
1 2	Cross R over L (1), unwind full turn over L (weight ends on L) (2) (6:00)	
3 4 &	Long step R to R side (3), rock L behind R (4), recover on R (&)	
5 6	Step L to L side swaying L (5), sway R (weight ends on R) (6)	
78&	Walk back on L sweeping R from front to back (7), cross R behind L (8), step L to L side (&)	

ENDING: Dance 14 counts of the final B, finishing the dance by swaying over 6 counts with hands out in front, palms facing up "what's going on" (12:00)

Sing it up & have fun!

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