Out of Words

拍數: 32

級數: Improver - Cha Cha

編舞者: Niels Poulsen (DK) - December 2023

音樂: What More Can I Say - Teddy Swims : (iTunes etc)

Intro: 16 counts from beginning of track. App.11 secs. into track. Start with weight on L foot

- 1 3 Rock R to R side (1), turn ¼ L recovering on L flicking R backwards (2), step R fwd (3) 9:00
- 4&5 Step L fwd (4), lock R behind L (&), step L fwd (5) 9:00
- 6 7 Rock R fwd (6), recover on L (7) 9:00
- 8&1 Turn ¼ R stepping R to R side (8), step L next to R (&), turn ¼ R stepping R fwd (1) 3:00

[10 – 16] Stomp L, HOLD, ball step RL fwd, monterey ¼ R into L side rock cross

- 2 3 Stomp L fwd (2), HOLD (3) 3:00
- &4 Lock R behind L (&), step L fwd (4) 3:00
- 5 6 Point R to R side (5), turn ¼ R on L and step R next to L (6) 6:00
- 7&8 Rock L to L side (7), recover on R (&), cross L over R (8) 6:00

[17 – 24] Side R, together pop, fwd R, L mambo fwd, point R back, ½ R fwd R, ¼ R into L chasse

- 1 3 Step R to R side (1), step L next to R popping R knee fwd (2), step R fwd (3) 6:00
- 4&5 Rock L fwd (4), recover back on R (&), step back on L (5) 6:00
- 6 7 Point R back (6), turn ½ R stepping down on R (7) 12:00
- 8&1 Turn ¼ R stepping L to L side (8), step R next to L (&), step L to L side (1) 3:00

[25 – 32] R back rock, R chassé, time steps R&L

- 2 3 Rock back on R (2), recover on L (3) 3:00
- 4&5 Step R to R side (4), step L next to R (&), step R to R side (5) 3:00
- 6&7 Step L next to R (6), change weight to R (&), step L to L side (7) 3:00
- 8& Step R next to L (8), change weight to L (&) 3:00

START AGAIN

Tag After wall 3, facing 9:00, there's a 4 count tag: 12:00

- [1-4] Sway RLR, step L next to R
- 1 4 Step R to R side swaying body R (1), sway body L (2), sway body R (3), step L next to R (4) 9:00

Ending: Comes on wall 7 which starts at 6:00. Finish the dance on count 17, facing 12:00 again





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牆數:4