

# Plan B

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Kate Sala (UK) & Rob Fowler (ES) - May 2010  
音樂: She Said - Plan B : (CD: The Defamation of Strickland Banks)



**Start after 32 count intro. On vocals.**

**Walk Forward, Hold, Walk Forward, Hold, Rock Forward, Recover, Step Back, Together.**

- 1-4      Step forward on Right. Hold. Step forward on Left. Hold.
- 5-8      Rock forward on Right. Recover onto Left. Step back on Right. Step Left next to Right.

**Cross Step, Sweep, Cross Step, Right Side Rock, Recover, Step Behind, Left Side Rock, Recover.**

- 1-2      Cross step Right over Left. Sweep Left round to the left from back to front.
- 3-5      Cross step Left over right. Rock out to Right side on Right. Recover onto Left.
- 6-8      Cross step Right behind Left. Rock out to Left side on Left. Recover onto Right.

**Left Cross Behind, Sweep Back, Cross Step Behind, Step Left, Cross, Side, Cross, Hold.**

- 1-2      Cross step Left behind Right. Sweep Right round to the Right from front to back.
- 3-4      Cross step Right behind Left. Step Left.
- 5-8      Cross step Right over Left. Step Left. Cross step Right over Left. Hold.

**Step Left, Together With 1/4 Turn Right, Step Forward, Hold, Full Turn Left, Step Right, Hold.**

- 1-4      Step Left. Turn 1/4 Right stepping Right next to Left. Step forward on Left. Hold
- 5-8      Turn 1/2 L stepping back on R. Turn 1/2 L stepping forward on L. Step R to R side. Hold. 3 0'clock.

**Weave Right, Step Together, Swivel Heels, Toes, Kick Across, Step Left.**

- 1-4      Cross step Left behind Right. Step Right. Cross step Left over Right. Step Right next to Left.
- 5-6      Swivel both heels to the Right. Swivel both toes to the Right.
- 7-8      Kick Left across Right. Step Left to Left side.

**Cross Step Right Behind, Hold, Ball Cross, Step Left, Kick Across, Kick Out, Touch Back, Kick Forward.**

- 12&3      Cross step Right behind Left. Hold. Step on ball of Left to Left. Cross step Right over Left.
- 4-6      Step Left to Left side. Kick Right across Left. Kick Right out to Right side.
- 7-8      Touch back with Right toe. Kick Right forward.

**Slow Coaster Step, Hold, Step, Pivot 1/2 Turn Right, Step, Pivot 1/2 Turn Right.**

- 1-4      Step back on Right. Step Left next to Right. Step forward on Right. Hold.
- 5-8      Step forward on Left. Pivot 1/2 turn Right. Step forward on Left. Pivot 1/2 turn Right.

**Cross Rock, Recover, Big Step Left, Drag, Cross Rock Behind, Recover, Big Step Right, Step Together.**

- 1-4      Cross rock Left over Right. Recover onto Right. Take a long step Left. Drag Right towards Left.
- 5-8      Cross rock on Right behind Left. Recover onto Left. Take a long step Right. Step Left in next to Right

**TAG: 16 count Tag at the END of wall 1. Facing 3 0'clock.**

- 1-4      Rock forward on Right, Recover on Left, Rock out on Right to Right side, Recover on Left,
- 5-8      Rock back on Right, Recover on Left, Step forward on Right, Hold.
- 1-4      Rock forward on Left, Recover on Right, Rock out on Left to Left side, Recover on Right.
- 5-8      Rock back on Left, Recover on Right, Step forward on Left.

**TAG: 24 count Tag at the END of wall 5. Facing 3 0'clock. Repeat the above 16 counts adding on 8 counts more.**

1-2 Step forward on Right. Pivot 1/4 turn Left.

3-8 Repeat the above: Step, Pivot 1/4 turn Left 3 more times to complete a full turn Left. 3 0'clock

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