Say No More About It

級數: Improver

編舞者: Terry Mchugh (UK) - June 2010

音樂: Kiss And Make Up - Belle Perez

牆數: 4

Intro: Start on word "physical, after four taps on cow bell.

Step 1/2 turn, shuffle fwd x2.

拍數: 32

- 1-2 step fwd on right, pivot 1/2 turn left,
- 3&4 shuffle fwd, stepping right, left, right,
- 5-6 step fwd on left, pivot 1/2 turn right,
- 7&8 shuffle fwd, stepping left, right, left,

Fwd rock, right coaster step, lock steps back, back rock

- 1-2 rock fwd on right, recover on left,
- 3&4 step back on right, step left beside right, step fwd on right
- 5&6 lock steps back, stepping, left, right, left,
- 7-8 r ock back on right , recover on left,

Step fwd on right, pivot 1/4 turn left, cross chasse left, chasse left, back rock.

- 1-2 step fwd on right, pivot 1/4 turn left,
- 3&4 cross chasse left, stepping right, left, right,
- 5&6 chasse left, stepping left, right, left,
- 7-8 rock back on right, recover on left,

Step 1/2 turn x2, side mambos x2.

- 1-2 step fwd on right, pivot 1/2 turn left,
- 3-4 repeat steps 1-2,
- 5&6 step right to right side, step left in place, step right beside left,
- 7&8 step left to left side, step right in place, step left beside right.

Optional ending: on last wall, dance steps1-2,3&4 of section one (1/2 turn, shuffle fwd), then step and half turn (facing 3' 0'clock) step fwd on left and throw arms up and out.



