

Plan B

64 count, 4 wall, intermediate level

Choreographer: Kate Sala & Rob Fowler (UK), May 2010

Choreographed to: "She Said" by Plan B

Start after 32 count intro on vocals

Section 1 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

Section 2 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

Section 3 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

Section 4 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 (3:00)

Section 5 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

Section 6 Cross Step Right Behind, Hold, Ball Cross, Step Left, Kick Across, Kick Out, Touch Back, Kick Forward

1, 2&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

Section 7 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

Section 8 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: End of wall 1: 16 counts facing 3 o'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: End of wall 5: 24 counts facing 3 o'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 o'clock

Quelle:

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