

Us Girls

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Lois Lightfoot (UK)

Musik: Us Girls - Lorrie Morgan



MAMBO FORWARD, MAMBO BACK, SIDE & ACROSS. SIDE & ¼ TURN RIGHT

- 1&2 Rock forward onto right, recover weight onto left, step right back in place
3&4 Rock back onto left foot, recover weight onto right, step left back in place
5&6 Rock right foot out to side, recover onto left, step right foot across left foot
7&8 Rock left foot out to side, recover onto right making ¼ turn right, step left next to right

ROCK SIDE & ACROSS, STEP SIDE, BEHIND, SIDE, MAMBO FORWARD, MAMBO BACK

- 9&10 Rock right foot out to side, recover weight onto left foot, step right foot over left
11&12 Step left foot to side, step right foot behind left, step left foot to side
13&14 Cross rock right over left, recover weight onto left foot, step right foot to right side
15&16 Rock left foot behind right foot, recover weight onto right foot, step left foot to left side

CROSS ROCK ¼ TURN RIGHT, STEP LOCK FORWARD, ROCK SIDE STEP ACROSS RIGHT & LEFT

- 17&18 Cross rock right over left, recover weight onto left foot, step right to side making ¼ turn right
19&20 Step left foot forward, lock right foot behind left foot, step left foot forward
21&22 Rock right out to side, recover weight onto left, step right across left
23&24 Rock left foot out to side, recover weight onto right foot, step left across right

STEP SIDE, BEHIND, SIDE, CROSS ROCK ¼ TURN, STEP PIVOT ½ TURN, STEP LOCK FORWARD

- 25&26 Step right foot to side, step left foot behind right, step right foot to side
27&28 Cross rock left foot over right, recover weight onto right foot, step left ¼ turn to left
29&30 Step right foot forward, pivot ½ turn to left, step right foot forward
31&32 Step left foot forward, lock right foot behind left, step left foot forward

Steps 31 & 32, can be replaced with a full turn forward over right shoulder

REPEAT
