

# Us

**Compte:** 32

**Mur:** 4

**Niveau:** Intermediate

**Chorégraphe:** Maggie Marquard (USA)

**Musique:** All For Love - Color Me Bad



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## **STEP, PIVOT, SHUFFLE, ROCK, STEP, CROSS, HOLD, SIDE, CROSS, SIDE**

- 1-2 Step right forward, pivot ½ turn left
- 3&4 Step right forward, step left next to right, step right forward
- 5&6 Rock left to left side, step right to right side slightly back, cross left over right
- 7&8 Step right to right side, step left crossing in front of right, step right to right side (cross shuffle)

## **LEFT SAILOR STEP, RIGHT SAILOR STEP WITH ¼ TURN RIGHT**

- 1&2 Cross left behind right, step right to right side, step left to left side
- 3&4 Cross right behind left, step left into ¼ turn right, step right forward
- 5&6 Repeat 1&2
- 7&8 Repeat 3&4

## **STEP, PIVOT, STEP, BUMP & BUMP, BUMP & BUMP, BUMP & BUMP**

- 1&2 Step left forward, pivot ½ turn right, step left forward
- 3&4 Step forward on right bumping hips right, bump hips left, bump hips right
- 5&6 Step forward on left bumping hips left, bump hips right, bump hips left
- 7&8 Step forward on right bumping hips right, bump hips left, bump hips right

## **POINT, CROSS, SIDE, BEHIND, ¼ TURN RIGHT, STEP FORWARD LEFT, PIVOT ½ TURN RIGHT, SHUFFLE FORWARD**

- 1-2 Point left to left side, step left crossing in front of right
- 3&4 Step right to right side, step left behind right, step right forward into ¼ turn right
- 5-6 Step left forward, pivot ½ turn right
- 7&8 Step left forward, step right next to left, step left forward

## **REPEAT**

When dancing to "Baila Esta Cumbia" by Selena, try to do Cuban hips on the shuffles and on the cross shuffle.

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