

Used

拍数: 32 墙数: 1 级数: Improver
编舞者: Mary Bee Friedrich (DE) - October 2018
音乐: Used to Have It All - FÄIS & Afrojack : (3:25)



Start dancing after Count 32, Mambo, cross

Section 1 Side Rock, Coaster Step, Side Rock, Coaster Step

1-2 RF Rock to right side, LF recover on left
3&4 RF Step back, LF Step back close to RF, RF Step fwd.
5-6 LF Rock to left side, RF recover on right
7&8 LF Step back, RF Step back close to LF, LF Step fwd.

Section 2 Walk r l , Shuffle, Rock fwd., Triple ½ Turn

9-10 RF Step fwd., LF Step fwd.
11&12 RF Step fwd., LF lock to RF, RF Step fwd.
13-14 LF Rock fwd., RF recover on right
15&16 LF Step ¼ Turn left, RF close to LF, LF Step ¼ Turn left

Section 3 Walk r l , Mambo Cross, Walk l r , Mambo Cross

17-18 RF Step fwd., LF Step fwd.
19&20 RF Rock to Right side, LF recover on left, RF cross over LF
21-22 LF Step fwd., RF Step fwd.
23&24 LF Rock to Left side, RF recover on Right, LF cross over RF

Section 4 Quarter turn back, Quarter Turn left., Shuffle, Rockin Chair, Ball Step

25-26 RF ¼ turn back Right, LF ¼ Turn left
27&28 RF Step fwd., LF close to RF, RF Step fwd.
29-30 LF Rock fwd., RF recover on right
31-32& LF Rock back, RF recover on right, RF Ball Step on place, LF recover on left

* Have fun and make some POP – Moves ☐

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