

Think About Us

拍数: 48 墙数: 2 级数: Phrased Intermediate
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音乐: Think About Us (feat. Ty Dolla \$ign) - Little Mix : (Single - Tunes & other mp3 sites)



Introduction: 16 counts, start approx 14 sec.

Sequences: A, B, B16, A, A, B, B, B16, A, A, B, B, B, B16 ending.

Pattern A: 16 counts.

Part A1. [1-8] Side R, Behind, Side with ¼ Turn R, Step L with Knee Lift R, Syncopated Weave L with sweep L, Behind, Side R with 1/8 Turn R, Step L, Runs Back R, L.

- 1,2& Step Rf to R (1), Step Lf behind Rf (2), Make ¼ turn R (3.00) step Rf to R (&).
- 3 Step Lf fwd and lift R knee up (3).
- 4&5 Step Rf across Lf (4), Step Lf to L (&), Step Rf behind Lf and sweep Lf from front to back (5).
- 6&7 Step Lf behind Rf (6), Make 1/8 turn R (4.30) and step Rf to R (&), Step Lf fwd (7).
- 8& Stepping Rf small back (8), Stepping Lf small back (&).

Part A2. [9-16] Back Rock R / Recover with Toe Rise L, Recover, ½ Turn L, L Back Rock / Recover with Toe Rise L, Recover, Side Step with 1/8 Turn R, R Back, Coaster Step L, ½ Pivot Turn L.

- 1,2& On Diagonal: Rock Rf back and rising Lf toes up over L heel (1), Recover back onto Lf (2), Make ½ turn L (7.30) step R back (&).
- 3,4& On Diagonal: Step Lf back and rising Rf toes up over R heel (3), Recover back onto Rf (4), Make 1/8 Turn R (12.00) step Lf to L (&).
- 5,6 Rock Rf back (5), Recover back onto Lf (6).
- 7,8 Step Rf fwd (7), Pivot ½ turn L (6.00) and take weight onto Lf (8).

Pattern B: 32 counts.

Part B1. [1-8] 2x Samba Whisk R, L, Volta ¾ R Arch.

- 1&2 Step Rf to R (1), Lock Lf behind Rf (&), Step Lf across Rf (2).
- 3&4 Step Lf to L (3), Lock Rf behind Lf (&), Step Rf across Lf (4).
- 5&6& Step R forward (5), Small Step L to L (&), Step R across L (6), Small Step L to L (&).
- 7&8 Step R across L (7), Small Step L to L (&), Step R across L weight onto R (8).

Part B2. [9-16] Kick L & Side Rock R, Kick R & Side Point L, Sailor Step L, Jump Both Feet Apart ¼ Turn R, Touch.

- 1&2& Kick Lf fwd (1), Step Lf back in place (&), Rock Rf to R (2), Recover back onto Lf (&).
- 3&4 Kick Rf fwd (3), Step Rf back in place (&), Point Lf out to L (4).
- 5&6 Step Lf behind Rf (5), Step Rf to R (&), Step Lf to L (6).
- &7,8 Jump both feet apart with ¼ turn R (&7), Touch Rf beside Lf (8).

(NB: Restarts here in WALL 3 / 8 after 16 counts, after start again with part A (see above sequences).

Part B3. [1-8] Kick R & Side Rock L, Kick L & Side Point R, Cross Sailor R ¼ Turn R, Fwd Mambo L.

- 1&2& Kick Rf fwd (1), Step Rf back in place (&), Rock Lf to L (2), Recover back onto Rf (&).
- 3&4 Kick Lf fwd (3), Step Lf back in place (&), Point Rf out to R (4).
- 5&6 Cross Rf over Lf (5), Make ¼ turn R and step Lf to L (&), Step Rf to R (6).
- 7&8 Mambo Lf fwd (7), Recover back onto Rf (&), Step Lf back (8).

Part B4. [9-16] Fwd Rock R with Hip Push Back, Step, Lock, Step R Fwd, ½ Walking Circle to L, Step, Lock, Step L Fwd with ¼ Turn L.

- 1,2 Rock Rf fwd (1), Recover back onto L and push hips back (2).
- 3&4 Step Rf fwd (3), Lock Lf behind Rf (7), Step Rf fwd (4).
- 5,6 Lf + Rf walking circle with ½ turn L (5,6).

7&8

Make $\frac{1}{4}$ turn L and step Lf fwd (7), Lock Rf behind Lf (&), Step Lf fwd (8).

REPEAT THE DANCE AND HAVE FUN!!

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