拍数： 48
壇数： 4
级数：Phrased Easy Intermediate
编舞者：Island Trio（CAN）－August 2023
音乐：Use Me（Brutal Hearts）－Diplo，Sturgill Simpson，Dove Cameron \＆Johnny Blue
 Skies

Phrased Dance Part A is 16 counts，Part B is 32 Counts<br>Dance Sequence A，A，A，A TO COUNT＊12，B，（9：00）<br>A，A，A，A TO COUNT＊12，B（6：00）<br>A，A，A，A，A，A TO COUNT＊＊6，（9：00）<br>＊＊＊TAG－ROCK RIGHT BACK，RECOVER TO WEIGHT TO LEFT，B<br>A，A，A，A TO COUNT 12，ENDING

Part A－ 16 COUNTS
Section One：Walk Forward，Rock Recover，Cha Cha Back
1－2 Walk forward left，right
3－4 Rock L forward，Recover weight to right
5\＆6 Travelling back，left，right，left＊＊
7\＆8 Travelling back，right，left，right
Section Two：Rock，Recover，Left Lindy，Chasse Right
1－2 Rock Left back，recover weight to right
$3 \& 4$ Step left to left side，step right together，step left to left side＊（Part B）
5－6 Rock right back，recover weight to left，
7\＆8 Step right to right side，step left together，step to right side
（To begin the next section，at the end of the Chasse，turn $1 / 4$ right，making the first step of the dance walking forward on left，on your new wall）．

## Part B－32 COUNTS

## Section One：Right K－Step

1－4 Step right forward，touch left，step left back，touch right
5－8 Step right back，touch left，step left forward touch right
Section Two：Extended Right Vine Cross，Touch
1－4 Step right to right side，step left behind right，step to right side，cross left over right，
5－8 Step right to side，step left behind right，step right to right side，touch left

## Section Three：Right K－Step

1－4 Step left forward，touch right，step right back，touch left
5－8 Step left back，touch right，step right forward touch left
Section Two：Extended Left Vine Cross，Together
1－4 Step left to left side，step right behind left，step to left side，cross right over left，
5－8 Step left to left side，step right behind left，step left to left side，step right together
（Clue when Part B is danced，the music tempo changes，and the lyrics are Use Me）
Ending：Count 12，after dance the side chasse part of the Lindy，touch right toe behind left，turn $1 / 2$ right to front wall．

We hope you enjoy the dance！
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