I Did This To Me (P)



拍数: 32 编数: 0 级数: Improver - Partner

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音乐: I Did This To Me - Brett Young



Start Position - Face to Face Double Hand Hold - Men O.L.O.D - Women I.L.O.D

Attention!: 2 intro accounts

[1-8] M – Cross, Side, Behind Side Cross, Walk 1/4 Turn L, Walk Fwd, Shuffle Fwd

[1-8] W - Cross, Side, Behind Side Cross, Back 1/4 Turn L, Step 1/2 Turn L, Shuffle 1/2 Turn L

1-2 M – RF cross in front PD – LF to left

W - LF cross in front - RF to right

3&4 M – RF cross behind – LF to left – RF cross in front

W – LF cross behind – RF to right – LF cross in front

5-6 M – ¼ turn to left LF in front – RF in front

W - 1/4 turn to left RF behind - 1/2 turn to left LF in front

Leave your partner's left hand, pass your right hand over your head

7&8 M – Shuffle in front (L, R, L)

W - Shuffle ½ turn to left (R, L, R)

Take both hands face to face

[9-16] M - Rock Step, Recover, Coaster Step, (Walk) x 2, Anchor Steps

[9-16] W - Cross Behind, Step Fwd, (Step Fwd, ½ Turn Together, Step Fwd), (Walk) x 2, Anchor Steps

1-2 M – RF in front – return on LF

W - LF cross behind - RF in front

3&4 M – RF behind – LF next to the RF – RF in front

W – LF in front – ½ turn to right RF next to the LF – LF in front

Drop partner's left hand, pass partner's right hand over head

5-6 M – LF in front – RF in front

W - RF in front - LF in front

7&8 M – LF cross behind the RF – RF in place PD – LF behind

W - RF cross behind the LF - LF in place - RF behind

[17-24] M - Shuffle 1/2 TURN R, Shuffle 3/4 Turn R, Behind Side Cross, Shuffle Side

[17-24] W - Shuffle ¾ Turn L, Shuffle ½ Turn L, Behind Side Cross, Shuffle Side

1&2 M – Shuffle ½ turn to right (R, L, R)

W - Triple step ¾ turn to left (L, R, L)

Leave partner's right hand

3&4 M – Shuffle ¼ turn to right (L, R, L) ¼ de tour à droite PG devant – PD croisé devant – ¼ de

tour à gauche PG à G

W - Shuffle ½ turn to left (R, L, R)

Take his partner's left hand then his partner's right hand, facing each other

5&6 M – RF cross behind PD – LF to left – RF cross in front PD

W - LF cross behind - RF to right - LF cross in front

7&8 M – Shuffle side (L, R, L)

W - Shuffle side (R, L, R)

**2nd Restart here

[25-32] M&W – ¼ Turn Rock back, Recover, Step Pivot ½ Turn Step, Full Turn, Shuffle Side

1-2 $M - \frac{1}{4}$ turn to right RF behind – return on LF

W - 1/4 turn to left LF behind - return on RF

Leave your partner's left hand and keep your partner's right hand

3&4 M – RF in front – ½ turn to left weight on LF – RF in front

W – LF in front – ½ turn to right weight on RF – LF in front

Leave partner's right hand and take partner's left hand

5-6 $M - \frac{1}{2}$ turn to right LF behind à droite $-\frac{1}{2}$ turn to right RF in front

 $W - \frac{1}{2}$ turn to left RF behind $-\frac{1}{2}$ turn to left LF in front

7&8 M – ¼ turn to right LF to left – RF next to the LF – LF to left

W – ¼ turn to left RF to right – LF next to the RF – RF to right

Take starting position face to face double hand hold

Start over

Easy Restart: At the 4th and 8th routine of the dance do the first 24 counts and start from the beginning