

Used to Be Young

拍数: 32 墙数: 4 级数: Beginner
编舞者: Karen McMillan Clark (USA) - September 2023
音乐: Used To Be Young - Miley Cyrus



TAG: After 2nd rotation (6:00) hold in place, when the music goes silent for 2 beats/counts.

Start with Weight on L

S1 (1-8) SIDE TOGETHER, SHUFFLE, CROSS RECOVER, SIDE SHUFFLE

- 1,2 - Side together; Step R to R side. Step L beside R.
- 3&4 - Side shuffle, (step-together-step) RLR
- 5,6, Cross Rock Recover LR; Step L crossing diagonally in front of R then recover weight back on R
- 7&8 - Side shuffle ¼ turn to L (9:00 wall), (step-together-turn ¼ step) LRL

S2 (9-16) CROSS AND POINT X3, CROSS AND DRAG

**** (Optional) Cross, Ball Change x3, Cross & Drag**

- 1-2 Cross R forward & diagonally in front of L. Point L to L side.
- 3-4 Cross L forward & diagonally in front of R. Point R to R side.
- 5-6 Cross R forward & diagonally in front of L. Point L to L side.
- 7-8 Cross L forward & diagonally in front of R. Take a big Step back on R, allowing the momentum to drag the (non weighted) L back too.

**** Cross- Ball Change Option**

- 1-2 Cross R forward & diagonally in front of L. BALL CHANGE; a partial weight transfer stepping ball of L to L side, then quickly changing weight stepping R foot back in place.
- 3-4 Cross L forward & diagonally in front of R. BALL CHANGE; a partial weight transfer stepping ball of R to R side, then quickly changing weight stepping L foot back in place.
- 5-6 Cross R forward & diagonally in front of L. BALL CHANGE; a partial weight transfer stepping ball of L to L side, then quickly changing weight stepping R foot back in place.
- 7-8 Cross L forward & diagonally in front of R. Take a big Step back on R, allowing the momentum to drag the (non weighted) L back too.

S3 (17-24) Side Together, ¼ Turn Shuffle, ¼ Pivot L, Forward Shuffle

- 1,2 Side together; Step L to L side. Step R beside L.
- 3 & 4 Side shuffle ¼ turn to L (6:00), (step-together-turn ¼ step) LRL
- 5, 6 Step Forward R, Pivot ¼ L
- 7 & 8 Forward shuffle RLR; step-together-step (3:00)

S4 (25-32) CROSS DRAG, STEP & CROSS X3 (AKA STEP, BALL CROSS)

- 1, 2 Cross L forward & diagonally in front of R. Take a big Step back on R, allowing the momentum to drag the (non weighted) L back too.
- 3 & 4 Step & Cross; Step L to L side. BALL CHANGE; a partial weight transfer stepping ball of R to L side, behind L foot, then quickly changing weight stepping L foot down crossed in front of R.
- 5 & 6 Step & Cross; Step R to R side. BALL CHANGE; a partial weight transfer stepping ball of L to R side, behind R foot, then quickly changing weight stepping R foot down crossed in front of L.
- 7 & 8 Step & Cross; Step L to L side. BALL CHANGE; a partial weight transfer stepping ball of R to L side, behind L foot, then quickly changing weight stepping L foot down crossed in front of R.

**** TAG: After 2nd rotation (6:00) hold in place L foot crossed in front of R, when the music goes silent for 2 beats/counts.**

REPEAT

Facebook: Retirees AtPlay

YouTube: Retirees atPlay
