

This Is Us

拍数: 48 墙数: 4 级数: Improver social cha
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音乐: This Is Us - Mark Knopfler & Emmylou Harris



2 LOCK STEPS FORWARD, 2 WALKS BACK AND COASTER STEP

1&2 Step left forward lock right behind left step left forward
3&4 Step right forward lock left behind right step right forward
5-6 Step back on left, step back on right
7&8 Step left back step right beside left step left forward

EXTENDED WEAVE, SIDE ROCK RECOVER, CROSS SHUFFLE, ¾ SHUFFLE LEFT TURN

1&2 Cross right over left, step left to left side cross right behind left
&3&4 Step left to left side cross right over left, rock out left to left side and recover onto right
5&6 Cross left over right and cross shuffle
7&8 ¼ turn left stepping back on right, ½ turn left stepping on left, step forward right

MAMBO FORWARD, MAMBO BACK, LEFT ¼ TURN ½ TURN ¼TURN SIDE SHUFFLE

1&2 Rock forward left, recover back on right, step left next to right
3&4 Rock back right, recover forward on left, step right next to left
5-6 ¼ turn left stepping on left, ½ turn left stepping back on right
7&8 ¼ turn left stepping left to left side, step right next to left, step left to left side

KICK BALL CHANGE AND 2 TOE STRUTS TWICE

1&2 Kick right forward, step right next to left, step left
3&4& Step forward on right toe, drop right heel, step forward left toe, drop left heel
5&6 Kick right forward, step right next to left, step left
7&8 Step forward on right toe, drop right heel, step forward left toe, drop left heel

2 X HEEL HOOK, BACK SHUFFLE, 2 X HEEL HOOK, FORWARD SHUFFLE

1&2& Point right heel forward, hook right foot across left leg, point right heel forward, hook right foot across left leg
3&4 Step back on right, step left next to right, step back on right
5&6 Point left heel forward, hook left foot across right leg, point left heel forward, hook left foot across right leg
7&8 Step forward left, step right next to left, step forward left

STEP ½ TURN, SHUFFLE ½ TURN, COASTER STEP, STEP TOUCH

1-2 Step forward on right, left ½ turn weight onto left
3&4 Turning ¼ left stepping onto right, turning ¼ turn left stepping left next to right, step right slightly back
5&6 Step back on left, step right next to left, step forward left
7-8 Step forward right, touch left next to right

REPEAT