

This Is Us

拍数: 64 墙数: 4 级数: Improver dance
编舞者: Gaye Teather (UK)
音乐: This Is Us - Mark Knopfler & Emmylou Harris



TOE TOUCHES FORWARD AND BACK, TOUCH OUT, TOUCH IN

1-2 Touch right toe forward, step right beside left
3-4 Touch left toe back, step left beside right
5-6 Touch right toe forward, step right beside left
7-8 Touch left toe to left side, touch left beside right

VINE ¼ TURN LEFT, BRUSH, JAZZ BOX, HOLD

1-2 Step left to left, cross right behind left
3-4 ¼ turn left stepping forward on left, brush right forward (facing 9:00)
5-6 Cross right over left, step back on left
7-8 Step right to right, hold

CROSS ROCK, SIDE, HOLD, CROSS ROCK, ¼ TURN RIGHT, HOLD

1-4 Cross rock left over right, recover onto right, step left to left side, hold
5-6 Cross rock right over left, recover onto left
7-8 ¼ turn right stepping forward on right, hold (facing 12:00)

STEP, ¼ TURN RIGHT, CROSS, HOLD, TRIPLE THREE ¼ TURN LEFT, HOLD

1-2 Step forward on left, ¼ turn right (facing 3:00)
3-4 Cross left over right, hold
5-6 ¼ turn left stepping back on right, ½ turn left stepping forward on left (facing 6:00)
7-8 Step forward on right, hold

LEFT LOCK STEP, BRUSH, RIGHT LOCK STEP, BRUSH

1-2 Step forward on left, lock right behind left
3-4 Step forward on left, brush right forward
5-6 Step forward on right, lock left behind right
7-8 Step forward on right, brush left forward

MAMBO FORWARD, HOLD, MAMBO BACK, HOLD

1-4 Rock forward on left, recover onto right, step left beside right, hold
5-8 Rock back on right, recover onto left, step right beside left, hold

RUMBA BOX

1-4 Step left to left, step right beside left, step forward on left, hold
5-8 Step right to right, step left beside right, step back on right, hold

BACK LEFT, HOLD & CLAP, BACK RIGHT, HOLD & CLAP SAILOR ¼ TURN LEFT, HOLD

1-2 Step back on left, hold & clap
3-4 Step back on right, hold & clap
5-6 ¼ turn left stepping left behind right, step right to right (facing 3:00)
7-8 Step left to left, hold

REPEAT