

Just 4U

拍数: 32 墙数: 0 级数:
编舞者: Mick Cook
音乐: Couldn't Last a Moment - Collin Raye



Position: Start in Right Side By Side Position (Sweetheart) facing LOD on same foot pattern throughout

TOE TOUCHES, HEEL TOUCHES, STEP FORWARD (LEFT & RIGHT)

- 1& Touch left toe to left side, touch left toe beside right
- 2& Touch left heel forward, touch left toe beside right
- 3& Touch left toe to left side touch left toe beside right
- 4 Step forward on left
- 5& Touch right toe to right side, touch right toe beside left
- 6& Touch right heel forward, touch right toe beside left
- 7& Touch right toe to right side, touch right toe beside left
- 8 Step forward on right

LEFT HEEL, TOE, LEFT SHUFFLE FORWARD, RIGHT HEEL, TOE, RIGHT SHUFFLE FORWARD

- 1-2 Touch left heel forward, touch left toe back
- 3&4 Left shuffle forward stepping left-right-left
- 5-6 Touch right heel forward, touch right toe back
- 7&8 Right shuffle forward stepping right-left-right

FULL TURN RIGHT, LEFT SHUFFLE FORWARD, FULL TURN LEFT, RIGHT SHUFFLE FORWARD

- 1 Step forward on left turning $\frac{1}{2}$ turn right (facing RLOD)
- 2 Step back on right turning $\frac{1}{2}$ turn right (facing LOD)
- Arms: counts 1-2, release left hands, raise right hands on full turn - then rejoin**
- 3&4 Left shuffle forward stepping left-right-left
- 5 Step forward on right turning $\frac{1}{2}$ turn left (facing RLOD)
- 6 Step back on left turning $\frac{1}{2}$ turn left (facing LOD)
- Arms: counts 5 - 6 release right hands, raise left hands on full turn - then rejoin**
- 7&8 Right shuffle forward stepping right-left-right

$\frac{1}{4}$ TURN RIGHT, BEHIND, $\frac{1}{4}$ TURN LEFT, ROCK & STEP BACK, COASTER STEP, KICK BALL TOUCH

- 1 Step forward on left turning $\frac{1}{4}$ turn right, cross right behind left (facing OLOD)
- 2 Step left to left side turning $\frac{1}{4}$ turn left. (facing LOD)
- 3&4 Rock forward on right, rock back on left. Step back on right
- 5&6 Step back on left. Step right beside left, step forward on left
- 7&8 Kick right forward, step right beside left. Touch left toe beside right

REPEAT