Being Us Again



拍数: 64 墙数: 4 级数: Intermediate/Advanced

编舞者: Charlie Mifsud (AUS)

音乐: Let's Be Us Again - Lonestar



STEP BACK LEFT, SWEEP RIGHT TO SIDE, STEP BACK RIGHT, SWEEP LEFT TO SIDE, COASTER, ROCK FORWARD, ROCK BACK

1-2	Step back on left while sweeping right out to right side & back, step back on right back while
	sweeping left out to left side & back
201	Constant atom left wight left finishing with left forward

3&4 Coaster step left, right, left finishing with left forward

Rock forward on right, rock back on left, turning half turn over right step right forward Rock forward on left, rock back on right, turning half turn over left step left forward (12:00)

STEP RIGHT FORWARD, HALF TURN, STEP RIGHT BACK, STEP LEFT BACK, HALF TURN, STEP LEFT FORWARD, HALF TURN, LOCK FORWARD, HALF TURN, TOUCH TOE, HALF TURN, STEP FORWARD

1-2& Step right forward, turning half turn over left step left forward, turning half over left step back

on right

3&4& Step back on left, turning half turn over right step right forward, step left forward, turning half

turn over right step right beside left (12:00)

5&6 Traveling diagonally left step left forward, lock right behind left, step left forward

&7-8 Turning half turn left step back on right, touch ball of left behind right, turning half turn left

step left forward at 45˚ while dragging right toe to finish behind left (12:00)

DIAGONAL. VINE BACK TO RIGHT, DIAGONAL. VINE BACK TO LEFT, FULL TURN TO RIGHT, STEP IN PLACE, DRAG RIGHT & LEFT

1&2 Traveling diagonally back to the right step right back, step left over right, step right back

(finish with left heel touching and toe pointing up)

3&4 Traveling diagonally back to the left step left back, step right over left, step left back (finish

with right heel touching and toe pointing up)

5&6 Traveling full turn to the right, step right, left, right in place

7-8 Step left to left side dragging right up to left, replace weight to right dragging left up to right

(12:00)

FULL TURN TO LEFT, STEP IN PLACE, DRAG LEFT & RIGHT, VINE TO RIGHT WITH 1/4 TURN TO RIGHT, STEP LEFT FORWARD, HALF TURN

1&2 Traveling full turn to the left, step left, right, left in place

3-4 Step right to right side dragging left up to right, replace weight to left dragging right slightly up

to left

&5&6 Step back on right, step left over right, step right to right side, step left behind right

Turning quarter turn to right step right forward, step left forward, turning half turn over right

step right forward, step left forward (9:00)

HALF TURN, STEP BACK RIGHT THEN LEFT, HALF TURN, STEP RIGHT FORWARD, DRAG RIGHT UP TO LEFT, DRAG LEFT UP TO RIGHT

1-2	Turning half turn left step back on right, step back on left (definite steps down to beat of

music)

3&4 Turning half turn right step left forward, turning half turn right step right forward (back to 3:00

wall)

5-6 Rock left forward while dragging right slightly behind, (left shoulder points to 3:00 wall),

replace weight to right

&7-8& Step left beside right, rock forward on right while dragging left slight behind, (right shoulder

points to 3:00), replace weight to left, step right beside left (3:00)

LEFT FORWARD, ¼ TURN TO RIGHT, VINE TO RIGHT, ROCK FORWARD INTO RIGHT DIAGONAL, REPLACE, VINE TO LEFT

1-2 Step left forward, turning quarter turn to right replace weight to right

3&4& Step left over right, step right to right side, step left behind right, step right to right side

5-6 Rock left forward to right diagonal, replace weight to right

&7&8& Step left to left side, step right over left, step left to left side, step right behind left, step left to

left side (6:00)

STEP RIGHT FORWARD TO DIAGONAL, HALF TURN, FULL TURN OVER RIGHT, FULL TURN OVER LEFT, STEP BACK RIGHT, TURN OVER LEFT, STEP RIGHT

1-2 Step forward on right to right diagonal, turning half turn over left step left forward (to face

12:00 wall at left diagonal)

Traveling to left diagonal turn full turn over right (right, left, right)

Traveling to left diagonal turn full turn over left (left, right, left)

7&8 With body facing diagonal step back on right, turning over left to face 3:00 wall step left

forward, step right to right side (3:00)

STEP LEFT BEHIND, ¼ TURN RIGHT, ¼ TURN RIGHT, LARGE STEP TO RIGHT, ROCK DIAGONALLY & REPLACE, ROCK DIAGONALLY & REPLACE, ROCK LEFT FORWARD AND DRAG BACK READY TO RESTART

&1&2 Step left behind right, turning quarter turn right to face 6:00 wall step right forward, turning

quarter turn right to face 9:00 step left to left side, take large step to right side while dragging

left up to right with body facing right diagonal

3-4 Rock left forward on diagonal, replace to right

&5-6 Step left to left side, rock forward right on diagonal, replace weight to left

&7-8 Step right beside left, rock forward on left, replace weight to right while dragging left toe back

beside right (9:00)

REPEAT

RESTART

On wall 2 (you will be facing 9:00 wall) dance up to count 15. Hold for count 16 (with weight on right) then restart dance

On wall 4 (you will be facing 3:00 wall) dance up to count 31, then for count 32 touch left toe beside right and wait for music/vocals to restart. Then restart dance