

Used

拍数: 80 墙数: 4 级数: Improver
编舞者: Roz Chaplin (UK) - August 2013
音乐: Used - Ashley Monroe : (CD: Like A Rose)



28 Count Intro: Start on You

STEP PIVOT ½ TURN, SHUFFLE FORWARD, PRIZZY WALKS, SIDE ROCK, CROSS

1-2 Step forward on right, pivot ½ turn left(6)
3&4 Step forward on right, close left beside right, step forward on right
5-6 Step left forward across right, step right forward across left
7&8 Rock left to left side, recover onto right, cross left over right

SIDE, TOGETHER, ¼ CHASSE TURN, PIVOT ½ TURN, RUN FORWARD X3

1-2 Step right to right side, close left beside right
3&4 Step right to right side, close left beside right, turn ¼ right stepping right forward (9)
5-6 Step forward on left, pivot ½ turn (3)
7&8 Run small steps forward left, right, left

JAZZ BOX, TOUCH, FORWARD ROCK, BACK, LOCK

1-4 Cross right over left, step back on left, step right to right side, touch left beside right
5-6 Rock forward on left, recover onto right
7&8 Step back on left, lock right in front of left, step back on left

TOUCH UNWIND ½ TURN, SHUFFLE FORWARD, SIDE ROCK, RIGHT CHASSE

1-2 Touch right behind left, unwind ½ turn (9)
3&4 Step forward left, close right beside left, step forward left
5-6 Rock right to right side, recover onto left
7&8 Step right to right side, close left beside right, step right to right side

CROSS ROCK, LEFT CHASSE, BACK ROCK, KICK BALL CHANGE

1-2 Cross rock left over right, recover onto right
3&4 Step left to left side, close right beside left, step left to left side
5-6 Rock back right behind left, recover onto left
7&8 Kick right foot forward, sep right beside left, step left in place

OUT, IN, COASTER STEP, OUT, IN, COASTER STEP

1-2 Touch right toes to right side, touch right toes in place
3&4 Step back on right, step left beside right, step right forward
5-6 Touch left toes out to left side, touch left toes in place
7&8 Step back on left, step right beside left, step forward on left

WALK ¼, WALK ¼, SHUFFLE FORWARD, CROSS, POINT, WALK BACK X2

1-2 Make ¼ turn left stepping right forward (6), make ¼ turn left stepping left forward (3)
3&4 Step forward on right, close left beside right, step forward right
5-6 Cross left over right, point right to right side
7-8 Walk back on right, walk back on left

SIDE ROCK, CROSS SHUFFLE, BACK ROCK, SHUFFLE FORWARD

1-2 Rock right to right side, recover onto left
3&4 Cross right over left, step left to left side, cross right over left
5-6 Rock back on left, recover onto right

7&8 Step forward on left, close right beside left, step forward on left

SIDE, TOGETHER, SHUFFLE BACK, SIDE TOGETHER, WALK, FORWARD X2

1-2 Step right to right side, close left beside right

3&4 Step back on right, close left beside right, step back on right

5-6 Step left to left side, close right beside left

7-8 Walk forward left, walk forward right

FORWARD ROCK, COASTER STEP, ROCKING CHAIR

1-2 Rock forward on left, recover onto right

3&4 Step back on left, step right beside left, step forward on left

5-8 Rock forward on right, recover onto left, rock back on right, recover onto left
