

Us

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Stephen Stewart (SCO) - September 2013
音乐: We Were Us (feat. Miranda Lambert) - Keith Urban : (Album: Fuse)



Intro: 16 Counts from the beginning of the track

[1-8] Cross Rock, Recover Side x2, Cross Half Turn, Cross Shuffle

1&2 Rock Right foot across Left, Recover weight to Left, Step Right to Right side
3&4 Rock Left foot across Right, Recover weight to Right, Step Left to Left side
5&6 Cross Right over Left, Step back Left making 1/4 turn Right, Step Right to Right side making 1/4 turn Right
7&8 Cross Left over Right, Close Right next to Left, Cross Left over right

[9-16] Rock, Recover, 1/4 Sailor Step, 1/2 Pivot, Shuffle Forward

9-10 Rock Right to Right side, Recover weight to Left
11&12 Step Right behind Left, Step Left to Left side, Step forward Right making 1/4 turn Right
13-14 Step forward Left, Pivot 1/2 turn over Right shoulder, taking weight to Right
15&16 Step forward Left, Close Right next to Left, Step forward Left

RESTART HERE ON WALL 3

[17-24] Cross, Side, 1/4 Heel Jack, Cross 1/2 Side Shuffle

17-18 Cross Right over Left, Step Left to Left side
19&20& Cross Right Behind Left, Step Left to Left Side making 1/4 turn Right, Touch Right Heel Forward To Right Diagonal, Step Right next to Left
21-22 Cross Left over Right, Step back Right making 1/4 turn Left
23&24 Step Left to Left side making 1/4 turn Left, Close Right next to Left, Step Left to Left side

[25-32] Cross Rock, Recover & Rock, Recover, Side Shuffle 1/4 Turn, 1/2 Pivot

25-26 Cross Rock Right over Left, Recover weight to Left
&27-28 Step Right to Right Side, Cross Rock Left over Right, Recover weight to Right
29-30 Step Left to Left Side, Close Right next to Left, Step forward Left making 1/4 turn Left
31-32 Step forward Right, Pivot 1/2 turn Left taking weight onto Left

Start Again, Have Fun & Smile!

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