

Used

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Esmeralda van de Pol (NL) - January 2016
音樂: Used - Hayden Panettiere : (Album: Music of Nashville)



Intro: 16 tellen

S1: FIGURE 8, BEHIND, SIDE

1-2 Step RF to R side, Cross LF behind RF
3-4 1/4 turn R-step RF fwd, Step LF fwd
5-6 1/2 turn R-step RF fwd, 1/4 turn R-step LF to L side
7-8 Step RF behind LF, Step LF to L side

S2: TOE STRUT, PIVOT 1/4 TURN R, CROSS TOE STRUT, POINT, TOUCH

1-2 Touch R toe fwd, Step R heel down
3-4 Step LF fwd, 1/4 turn R-weight on RF
5-6 Touch L toe across RF, Step L heel down
7-8 Touch RF to R side, Touch RF next to LF

***Restart 3rd and 6th wall

S3: SIDE, TOGETHER, FWD,HOLD, STEP FWD, TOUCH BACK, STEP BACK, TOUCH.

1-2 Step RF to R side, Step LF next to RF
3-4 Step RF fwd, Hold
5-6 Step LF fwd, Touch R toe behind L heel
7-8 Step RF back, Touch LF next to RF

S4: SIDE,TOGETHER, BACK, KICK, COASTER STEP

1-2 Step LF to L side, Step RF next to LF
3-4 Step LF back, Kick RF fwd
5-6 Step RF back, Step LF next to RF
7-8 Step RF fwd, Hold

S5: STEP, 1/2 TURN R, STEP, HOLD, 3/4 TURN L, SCUFF

1-2 Step LF fwd, 1/2 turn R- weight on RF
3-4 Step LF fwd, Hold
5-6 1/2 turn L-step RF back, 1/4 turn L-step LF to L side
7-8 Step RF fwd, Scuff LF fwd

S6: JAZZ BOX 1/4 TURN L CROSS, SCISSOR STEP, HOLD

1-2 Cross LF over RF, 1/4 turn L-step RF back
3-4 Step LF to L side, Cross RF over LF
5-6 Step LF to L side, Step RF next to LF
7-8 Cross LF over RF, Hold

Restart: In the 3rd (09:00) and 6th(06:00) wall after 16 counts

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