

She Used To Be Mine

COPPERKNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: Intermediate waltz
編舞者: Anne Herd (AUS) - April 2017
音樂: She Used to Be Mine - Sara Bareilles : (CD: Single - iTunes)



Intro: Start 12 beats in weight on R – 1 Restart. Dance moves 1/4 CW

S1: RIGHT AND LEFT CROSS WALTZ

1-2-3 Cross L over R, Rock R to side, Recover to L
4-5-6 Cross R over L, Rock L to side, Recover to R

S2: STEP. LIFT KICK, BEHIND, 1/2 TURN, STEP

1-2-3 Step fwd. on L, Lift R foot fwd. Kick R fwd.
4-5-6 Step back on R, Turn 1/2 L, Step fwd. on L, Step fwd. on R 6:00

S3: STEP SWEEP, STEP SWEEP

1-2-3 Step fwd. on L, Sweep R around for two counts
4-5-6 Step fwd. on R, Sweep L around for two counts

S4: STEP SWEEP 1/4 L, WEAWE

1-2-3 Step fwd. on L, Sweep R around 1/4 L over two counts
4-5-6 Cross R over L, Step L to side, Cross R behind L 3:00

S5: STEP DRAG L, STEP SWAY

1-2-3 Step L to side as you drag R towards L (weight stays on L)
4-5-6 Step R to side as you sway hips RLR

S6: CROSS UNWIND 3/4 R, STEP DRAG

1-2-3 Cross L over R, Unwind 3/4 R over two counts (Weight stays on L)
4-5-6 □ Step R to side, Drag L towards R over two counts 12:00

(Styling: Angle body slightly on the diagonal as a prep for the 1 1/4 rolling vine)

S7: 1 ¼ ROLLING VINE, STEP DRAG,

1-2-3 Turn ¼ L, Step forward on L, Turn ½ L stepping back on R, Turn ½ L stepping □ forward on L
4-5-6 Step fwd. on R as you drag L towards R over two counts. 9:00

S8: WALTZ FWD. 1/2 TURN L, WALTZ BACK,

1-2-3 Waltz fwd. stepping LRL as you make a 1/2 turn L,
4-5-6 Waltz back stepping RLR

[48]

RESTART: On wall five dance to count 12 and Restart dance from 6:00

ENDING: On wall nine (the last wall) the music slows down slightly from count 42 (the rolling vine) Dance to the end of the dance then dance the first nine counts (to the step, lift, kick) and step back on R and drag L towards R

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