

U In My Mind

拍數: 48 牆數: 2 級數: Phrased Improver
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音樂: Picture of You - Boyzone



Intro music 32 counts

Dance sequence : AAB – A, A(16cts) – AB – AAB – Tag – AAA

(Part A 32 counts)

A 1: □WALK FORWARD , JAZZ BOX CROSS

1 – 4 Walk forward on R – L – R – L

5 – 8 Cross R over L – step L back – step R back diagonally – cross L over R

A 2: □STEP TOUCHES , PIVOT ½ LEFT, BACK ROCK WITH BODY SWING

1 – 2 R step back – touch L forward

3 – 4 L step next to R – touch R to side

5 – 6 R step forward – ½ turn left weight on L (6:00)

7 – 8 Rock back on R – recover on L

(note : on count 7, turn upper body to right as you look behind your shoulder)

A 3: □V-STEP , SIDE ROCKS

1 – 2 Step R fwd diagonally right – step L fwd diagonally left

3 – 4 Step R back to centre – step L next to R

5 – 6 Rock R to side (body angle to diagonal left) – step R next to L

7 – 8 Rock L to side (body angle to diagonal right) – step L next to R

A 4: □BACK MAMBO , MODIFIED FWD ROCK

1 & 2 Rock R behind L – recover on L – step R next to L

3 & 4 Rock L behind R – recover on R – step L next to R

5 – 6& R rock fwd – recover on L – step R next to L

7 & 8 L rock fwd – recover on R – step L next to R

(Part B 16 counts)

B 1: □SIDE , TOGETHER, SIDE, HITCH, SIDE, TOGETHER , ¼ TURN LEFT, HITCH

1 – 4 Step R to side – step L next to R – step R to side – hitch L knee

5 – 8 Step L to side – step R next to L – turn ¼ left step L fwd – hitch R knee (9:00)

B 2: □SIDE , TOGETHER, SIDE, HITCH, SIDE, TOGETHER , ¼ TURN LEFT, HITCH

1 – 4 Step R to side – step L next to R – step R to side – hitch L knee

5 – 8 Step L to side – step R next to L – turn ¼ left step L fwd – hitch R knee (6:00)

Tag : 4 counts tag

1 – 4 Step R fwd – pivot ½ left – step R fwd – pivot ½ left

Ending : □Dance part A up to 16counts , then turn ½ left to face front and pose

ENJOY THE DANCE !!

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