

# Used

拍數: 32      牆數: 1      級數: Improver  
編舞者: Mary Bee Friedrich (DE) - October 2018  
音樂: Used to Have It All - FÄIS & Afrojack : (3:25)



Start dancing after Count 32, Mambo, cross

## Section 1 Side Rock, Coaster Step, Side Rock, Coaster Step

1-2            RF Rock to right side, LF recover on left  
3&4           RF Step back, LF Step back close to RF, RF Step fwd.  
5-6           LF Rock to left side, RF recover on right  
7&8           LF Step back, RF Step back close to LF, LF Step fwd.

## Section 2 Walk r l , Shuffle, Rock fwd., Triple ½ Turn

9-10           RF Step fwd., LF Step fwd.  
11&12        RF Step fwd., LF lock to RF, RF Step fwd.  
13-14        LF Rock fwd., RF recover on right  
15&16        LF Step ¼ Turn left, RF close to LF, LF Step ¼ Turn left

## Section 3 Walk r l , Mambo Cross, Walk l r , Mambo Cross

17-18        RF Step fwd., LF Step fwd.  
19&20        RF Rock to Right side, LF recover on left, RF cross over LF  
21-22        LF Step fwd., RF Step fwd.  
23&24        LF Rock to Left side, RF recover on Right, LF cross over RF

## Section 4 Quarter turn back, Quarter Turn left., Shuffle, Rockin Chair, Ball Step

25-26        RF ¼ turn back Right, LF ¼ Turn left  
27&28        RF Step fwd., LF close to RF, RF Step fwd.  
29-30        LF Rock fwd., RF recover on right  
31-32&       LF Rock back, RF recover on right, RF Ball Step on place, LF recover on left

\* Have fun and make some POP – Moves ☐

Contact: [marybeefriedrich@web.de](mailto:marybeefriedrich@web.de) \*