Memory LOSS ?!?

拍數: 32

級數: High Beginner

編舞者: Val Saari (CAN) - March 2022

音樂: Used To Know Me - Charli XCX

Begin on the DOWNBEAT before the word "YOU"

RF SIDE TOGETHER FWD/HEEL BUMP, SWAY LRLR

- 1-2 Step RF to right side, Slide LF beside RF
- 3-4 Step RF forward, Step RF heel up/down
- 5-8 Step LF to L side and sway hips L,R,L,R

LF SIDE TOGETHER FWD/HEEL BUMP, ROCKING CHAIR

- 1-2 Step LF (slightly)to left side, Slide RF beside LF
- 3-4 Step LF forward, Step LF heel up/down
- 5-6 Rock RF forward, Recover Left
- 7-8 Rock RF back, Recover Left

RF ROCK/RECOVER, SHUFFLE RLR TURN 1/2 R, STEP-LOCK-STEP SCUFF

- 1-2 Rock RF forward, recover LF
- 3&4 Shuffle back RLR Turn 1/2 R
- 5-8 Step LF forward, Lock RF behind L, Step LF forward, Scuff RF fwd

DOUBLE ROCKING CHAIR (FWD, 1/4 R)

- 1-2 Rock RF forward, Recover Left
- 3-4 Rock RF back, Recover Left
- 5-6 Rock RF forward 1/4 turn right, Recover Left
- 7-8 Rock RF back, Recover Left

Styling Idea: Because the music is edgy the sways will have to have some energy, so you may need to lift your heels a bit and keep the knees bent

No tags, no restarts Email: valeriesaari@icloud.com





牆數:4