

I Did This To Me (P)

拍數: 32 牆數: 0 級數: Improver - Partner
編舞者: France Bastien (CAN) & Serge Légaré (CAN) - August 2023
音樂: I Did This To Me - Brett Young



Start Position – Face to Face Double Hand Hold – Men O.L.O.D – Women I.L.O.D
Attention! : 2 intro accounts

[1-8] M – Cross, Side, Behind Side Cross, Walk ¼ Turn L, Walk Fwd, Shuffle Fwd

[1-8] W – Cross, Side, Behind Side Cross, Back ¼ Turn L, Step ½ Turn L, Shuffle ½ Turn L

1-2 M – RF cross in front PD – LF to left

W – LF cross in front – RF to right

3&4 M – RF cross behind – LF to left – RF cross in front

W – LF cross behind – RF to right – LF cross in front

5-6 M – ¼ turn to left LF in front – RF in front

W – ¼ turn to left RF behind – ½ turn to left LF in front

Leave your partner's left hand, pass your right hand over your head

7&8 M – Shuffle in front (L, R, L)

W – Shuffle ½ turn to left (R, L, R)

Take both hands face to face

[9-16] M – Rock Step, Recover, Coaster Step, (Walk) x 2, Anchor Steps

[9-16] W – Cross Behind, Step Fwd, (Step Fwd, ½ Turn Together, Step Fwd), (Walk) x 2, Anchor Steps

1-2 M – RF in front – return on LF

W – LF cross behind – RF in front

3&4 M – RF behind – LF next to the RF – RF in front

W – LF in front – ½ turn to right RF next to the LF – LF in front

Drop partner's left hand, pass partner's right hand over head

5-6 M – LF in front – RF in front

W – RF in front – LF in front

7&8 M – LF cross behind the RF – RF in place PD – LF behind

W – RF cross behind the LF – LF in place – RF behind

[17-24] M – Shuffle ½ TURN R, Shuffle ¾ Turn R, Behind Side Cross, Shuffle Side

[17-24] W – Shuffle ¾ Turn L, Shuffle ½ Turn L, Behind Side Cross, Shuffle Side

1&2 M – Shuffle ½ turn to right (R, L, R)

W – Triple step ¾ turn to left (L, R, L)

Leave partner's right hand

3&4 M – Shuffle ¾ turn to right (L, R, L) ¼ de tour à droite PG devant – PD croisé devant – ¼ de tour à gauche PG à G

W – Shuffle ½ turn to left (R, L, R)

Take his partner's left hand then his partner's right hand, facing each other

5&6 M – RF cross behind PD – LF to left – RF cross in front PD

W – LF cross behind – RF to right – LF cross in front

7&8 M – Shuffle side (L, R, L)

W – Shuffle side (R, L, R)

**2nd Restart here

[25-32] M&W – ¼ Turn Rock back, Recover, Step Pivot ½ Turn Step, Full Turn, Shuffle Side

1-2 M – ¼ turn to right RF behind – return on LF

W – ¼ turn to left LF behind – return on RF

Leave your partner's left hand and keep your partner's right hand

3&4 M – RF in front – ½ turn to left weight on LF – RF in front

W – LF in front – ½ turn to right weight on RF – LF in front

Leave partner's right hand and take partner's left hand

5-6 M – ½ turn to right LF behind à droite – ½ turn to right RF in front

W – ½ turn to left RF behind – ½ turn to left LF in front

7&8 M – ¼ turn to right LF to left – RF next to the LF – LF to left

W – ¼ turn to left RF to right – LF next to the RF – RF to right

Take starting position face to face double hand hold

Start over

Easy Restart: At the 4th and 8th routine of the dance do the first 24 counts and start from the beginning
