Are You Using Me

拍數: 32

級數: Improver

編舞者: Judy Rodgers (USA) - October 2023

音樂: Are You Using Me? - Luther Vandross : (Amazon)

#24 seconds in (on hard drum beat), start counting 40 beats, (starting dance on the words 'are you using me')

S1: R Heels toes heels clap, L heels toes heels clap (with attitude)

- 1-4 Turn both heels to right, turn both toes to right, turn both heels to right, clap
- 5-8 Turn both heels to left, turn both toes to left, turn both heels to left, clap

S2: Walk back back back hitch, cross turn 1/4 L, step scuff

- 1-4 Walk back R, L, R, hitch L
- 5-6 Cross L over R, turn 1/4 left step R back 9:00
- 7-8 Step L beside R, scuff R

S3: Turn 1/8 R step together, step together, step scuff, step turn 3/8 R step

- 1-2 Turn 1/8 right step R to fwd right diagonal, step L beside R 10:30
- 3-4 Step R to fwd right diagonal, step L beside R
- 5-6 Step R to fwd right diagonal, scuff L beside R
- 7-8 Step L fwd, turn 3/8 right step R fwd 3:00

S4: Step out out in in, step turn 1/2 R step, step together

- 1-4 Step L fwd out to left, step R fwd out to right, step L back to center, step R beside L
- 5-8 Step L fwd, turn 1/2 right step R fwd, step L fwd, step R beside L 9:00





牆數:4