

Used to Be Young

COPPER KNOB
BY STEPHEN HETS

拍數: 48 牆數: 2 級數: Phrased Intermediate
編舞者: Agus Harianto (INA) - November 2023
音樂: Used To Be Young - Miley Cyrus



Intro: 16 counts

Sequences : ABB TAG A BBBB A(16C) BB

*1 Tag, No Restart

PART A : 32c

Section A1 - EXTEND WEAVE, CROSS ROCK, RECOVER, ¼ L, ¼ L NC

1&2& Cross L over R, step R to side, cross L behind R, step R to side
3&4& Cross L over R, step R to side, cross L behind R, step R to side
5-6& Cross rock L over R, recover on R, ¼ turn Left step L forward
7-8& ¼ turn Left step R to side, cross L slightly behind R, cross R over L

Section A2 - SIDE, SAILOR STEP, BEHIND, ¼ R, RECOVER, ¼ R NC, SIDE, TOUCH

1 Step L to side
2&3& Cross R behind L, step L to side, step R to side, Cross L behind R
4 - & ¼ turn Right rock forward on L, recover on L
5-6& ¼ turn Right step R to side, cross L slightly behind R, cross R over L
7 - 8 Step L to side, touch R next to L

Section A3 - SYNCO V STEP, SIDE, TOUCH, ¼ R DIAMOND, ⅛ R FORWARD , FULL TURN R AND SWEEP

1&2& Step R forward to R diagonal, step L forward to L diagonal, step R back to center, step L next to R
3 - 4 Step R to side, touch L next to R
5&6& Step L to side, ⅛ turn Right step R back, step L back, ⅛ turn Right step R to side
8&1 ⅛ turn Right step L forward, ½ turn Left step R back, ½ turn Left step L forward and sweep R to front

Section A4 - SYNCO JAZZ BOX, FORWARD & SWEEP, CROSS, SIDE, BEHIND & SWEEP, BACK

2&3& Cross R over L, ⅛ turn Right step L back, step R to side, cross L over R
4&5 Step R back, step L to side, step R forward and sweep L to front
6&7 Cross L over R, step R to side, cross L behind R and sweep R to back
8 Step R back

PART B : 16c

Section B1 - LUNGE, FULL TURN R & ARABESQUE, FORWARD ROCK, RECOVER, BACK, BACK, ¼ L SIDE, CROSS ROCK, RECOVER, SIDE

1-2& Lunge L to Side, ¼ turn Right step R forward, ½ turn Right step L back
3-4& ½ turn Right step R forward as you raise L leg to L back reaching R hand up and L hand to L side, rock forward L, recover on R,
5-6& Step L back, Step R back, ¼ turn Left step L side
7-8& Cross rock R over L, recover on L, step R to side

Section B2 - FORWARD & SWEEP, CROSS, SIDE, BEHIND & HITCH, BEHIND, SIDE, FWD, CHASSE TURN, FORWARD ROCK, RECOVER

1-2& Step L forward & sweep on R from back to front, cross R over L, step L to side
3-4& Step R behind L & hitch on L, step L behind R, step R to side
5-6& Step L forward, step R forward, ½ turn Left step L in Place
7-8& Step R forward, rock L forward, recover on R

Tag (2 counts)

1 - 2 Sway to L, sway to R

ENJOY YOUR DANCE

Contact us

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