

You

拍數: 48 牆數: 2 級數: High Improver
編舞者: Sheila Kenny (USA) - November 2024
音樂: You - Ten Sharp



Intro: 32 counts/10 sec. - No Tags - No Restarts

Sec. 1 Forward Mambo, Back Mambo

1-4 Rock RF forward, Recover weight on LF, Step RF next to LF, HOLD
5-8 Rock back on LF, Recover weight on RF, Step LF next to RF, HOLD

Sec. 2 Vine/Cross w/Point x 2

1,2 Step RF to Right side, Cross LF behind RF
3&4 Step RF to Right side, Cross LF over RF, Point Right Toe to Right side
5-8 Cross RF behind LF, Step LF to Left side, Cross RF over LF, Point Left Toe to Left side

Sec. 3 Diagonal Lock Step x 2, Rock, Forward Shuffle

1&2 Step LF forward (1:00), Cross RF behind LF, Step LF forward
3&4 Step RF forward (11:00), Cross LF behind RF, Step RF forward
5,6 Rock LF forward (12:00 square), ½ Turn Right stepping RF forward (6:00)
7&8 Step LF forward, Step RF next to LF, Step LF forward

Sec. 4 Forward Coaster, Back Coaster, Samba x 2

1&2 Step RF forward, Step LF next to RF, Step RF back
3&4 Step back on LF, Step RF next to LF, Step LF forward
5&6 Step RF to Right side, Cross and step ball of LF behind RF, Recover weight on RF
7&8 Step LF to Left side, Cross and step ball of RF behind LF, Recover weight on LF

Sec. 5 Shuffle x 2, Full Turn, Back Coaster

1&2 Step RF forward, Step LF next to RF, Step RF forward
3&4 Step LF forward, Step RF next to LF, Step LF forward
5,6& Step RF back turning ¼ Left (3:00), Turn ¼ Left stepping LF forward (12:00) and Pivot on Left Toe turning ½ Left (6:00), Step back on RF
7&8 Step back on LF, Step RF next to LF, Step LF forward

Sec. 6 Prissy Walk, Sweep, Back Coaster

1-3 Step RF forward crossing slightly in front of LF, Repeat with LF, RF (R, L, R)
4-6 Step back on LF, Sweep RF from front to back, Step back on RF
7&8 Step back on LF, Step RF next to LF, Step LF forward

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