

This Is Us

拍數: 64 牆數: 4 級數: Intermediate
編舞者: David Cheshire (AUS)
音樂: This Is Us - Mark Knopfler & Emmylou Harris



VINE RIGHT, CROSS PIVOT ½ TURN RIGHT, HEEL, TOE

1-4 Step right to right, step left behind right, step right to right, cross left over right
5-8 On balls of feet pivot ½ turn right, step forward on right heel, drop right toe

VINE LEFT, CROSS PIVOT ½ TURN LEFT, HEEL, TOE

9-12 Step left to left, step right behind left, step left to left, cross right over left
13-16 On balls of feet pivot ½ turn left, step forward on left heel, drop left toe

CROSS STEP, HOLD, ½ TURN HEEL BOUNCES, SLOW COASTER, SCUFF

17-20 Cross right over left, hold, unwind ½ turn left with 2 heel bounces
21-24 Step back on left, step right next to left, step forward on left, scuff right forward

REPEAT STEPS 17-24

25-28 Cross right over left, hold, unwind ½ turn left with 2 heel bounces
29-32 Step back on left, step right next to left, step forward on left, scuff right forward

CROSS ROCK, SIDE, HOLD, CROSS ROCK, ¼ TURN, HOLD

33-36 Step right across left, recover on left, step right to right, hold
37-40 Step left across right, recover on right, turn ¼ turn left stepping left forward, hold

STEP PIVOT ¼ TURN LEFT, STEP HOLD, STEP PIVOT ½ TURN RIGHT, STEP, HOLD

41-44 Step forward on right, pivot ¼ turn left, step forward on right, hold
45-48 Step forward on left, pivot ½ turn right, step forward on left, hold

TURN, HOLD, TURN, HOLD, STEP, LOCK, STEP, SCUFF

49-50 Step back on right foot turning ¼ left, hold
51-52 Step forward on left foot turning ¼ left, hold
53-56 Step forward on right, step left behind right, step forward on right, scuff left forward

STEP PIVOT ½ TURN, STEP PIVOT ¼ TURN, STEP, SKATE STEPS X 3, HOLD

57-58 Step forward on left & pivot ½ turn right
59-60 Step forward on left & pivot ¼ turn right
61-64 Sweep left foot forward to the left at diagonal, repeat with right & left foot, hold

REPEAT