

# Us Girls

**COPPER KNOB**  
STEPSHEETS

拍數: 32      牆數: 4      級數: Improver  
編舞者: Lois Lightfoot (UK)  
音樂: Us Girls - Lorrie Morgan



---

## **MAMBO FORWARD, MAMBO BACK, SIDE & ACROSS. SIDE & ¼ TURN RIGHT**

1&2      Rock forward onto right, recover weight onto left, step right back in place  
3&4      Rock back onto left foot, recover weight onto right, step left back in place  
5&6      Rock right foot out to side, recover onto left, step right foot across left foot  
7&8      Rock left foot out to side, recover onto right making ¼ turn right, step left next to right

## **ROCK SIDE & ACROSS, STEP SIDE, BEHIND, SIDE, MAMBO FORWARD, MAMBO BACK**

9&10      Rock right foot out to side, recover weight onto left foot, step right foot over left  
11&12      Step left foot to side, step right foot behind left, step left foot to side  
13&14      Cross rock right over left, recover weight onto left foot, step right foot to right side  
15&16      Rock left foot behind right foot, recover weight onto right foot, step left foot to left side

## **CROSS ROCK ¼ TURN RIGHT, STEP LOCK FORWARD, ROCK SIDE STEP ACROSS RIGHT & LEFT**

17&18      Cross rock right over left, recover weight onto left foot, step right to side making ¼ turn right  
19&20      Step left foot forward, lock right foot behind left foot, step left foot forward  
21&22      Rock right out to side, recover weight onto left, step right across left  
23&24      Rock left foot out to side, recover weight onto right foot, step left across right

## **STEP SIDE, BEHIND, SIDE, CROSS ROCK ¼ TURN, STEP PIVOT ½ TURN, STEP LOCK FORWARD**

25&26      Step right foot to side, step left foot behind right, step right foot to side  
27&28      Cross rock left foot over right, recover weight onto right foot, step left ¼ turn to left  
29&30      Step right foot forward, pivot ½ turn to left, step right foot forward  
31&32      Step left foot forward, lock right foot behind left, step left foot forward

**Steps 31 & 32, can be replaced with a full turn forward over right shoulder**

**REPEAT**

---