

Get Used To This!

拍數: 32 牆數: 4 級數: Improver
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音樂: Get Used to This - Cyrena



CROSS, STEP, SAILOR SHUFFLE, SAILOR SHUFFLE, KICK-BALL-CHANGE

- 1-2 Cross/step right over left, step left to left side
3&4 Sailor shuffle - step right behind left, step left foot out to left side, step right foot slightly forward
5&6 Sailor shuffle - step left behind right, step right foot out to right side, step left foot slightly forward
7&8 Kick-ball-change - kick right foot forward, step right next to left as you lift right foot off of ground and set it back down

SHUFFLE FORWARD, SHUFFLE FORWARD, ½ TURN PIVOT, STEP BACK ½ TURN, STEP FORWARD ½ TURN

- 1&2 Shuffle forward - right, left, right
3&4 Shuffle forward - left, right, left
5-6 Step forward on right, pivot ½ turn to your right (weight is on left)
7 Step back on your right ½ turn to your right
8 Step forward on your left ½ turn to your right

For beginners: on steps 7-8 just walk forward right, left

ROCK FORWARD AND BACK AND WALK, WALK, REPEAT

- 1&2& Rock/step forward on right and back on left, rock/step back on right and forward on left
3-4 Walk forward right, left
5&6& Rock/step forward on right and back on left, rock/step back on right and forward on left
7-8 Walk forward right, left

MAMBO MONTEREY, SHUFFLE BACK ¼ TURN, COASTER STEP

- 1&2 Rock/step right foot out to right side, back on left, turning ½ turn out right foot next to left
3&4 Side rock left foot out to left side and back on right, cross left over right
5&6 Turning ¼ turn to your left, shuffle back - right, left, right
7&8 Coaster step - step back on your left, step back on your right, step forward on your left

REPEAT