

That's Us

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Yvonne Anderson (SCO) - April 2014
音樂: Two Hearts - Zona Jones : (Album: Prove Me Right - iTunes)



Notes: □ Start on vocal. Rhythm throughout is S, Q, Q. At the end of wall 2 (facing 6 o'clock) add the 8 count Tag. During wall 5 dance through to count 16& (now facing 9 o'clock) and restart. To finish facing forward, dance through the false tab (music sounds as though it is ending, but it keeps going...you will be facing 3 o'clock) dance through to count 11 (now facing 12 o'clock) make a forward rolling turn, step L forward and TAH DAH!

[1-8] □ SIDE, BEHIND, 1/2 RIGHT, ROCK BACK, RECOVER, 1/2 LEFT, TRIPLE TURN LEFT (on the spot), WALK R&L

1-2& Step R to right (long step), Step L behind right, (&) Make 1/4 turn right stepping R forward [3]
3-4& Make 1/4 turn right stepping L to left, Rock R back, (&) Recover weight on L [6]
5 On ball of left make 1/2 turn left stepping R back [12]
6&7 Make a full turn left (on the spot) stepping L, R, L [12]
(Easier alternate counts 6&7 left coaster step- 6 Step L back, (&) Step R beside left, Step L forward)
8& Step R forward, (&) Step L forward preparing to push off into the right side step [12]

[9-16] □ SWAY, ROCK, RECOVER, 1/4, TRIPLE TURN FORWARD, MAMBO, DRAG, ROCK BACK, RECOVER

1-2& Step R to right (long step) and drag left toward right as you sway hips to right, Bump hips to left taking weight on L, (&) Recover weight on R bumping hips to right [12] (note these counts are S,Q,Q)
3 Make 1/4 turn left stepping L forward [9]
4&5 Make a full turn left (travels forward) stepping R, L, R [9]
6&7 Rock L forward, (&) Recover weight on R, Step L back (long step) and sweep right toes out and around [9]
8& Rock R behind left, (&) Recover weight on L [9] (this is the beginning of a sailor 1/4 turn)
***Restart – wall 5 (facing 9 o'clock) ***

[17-24] □ STEP 1/4, CROSS, BACK, SIDE, CROSS, BACK, BACK, COASTER STEP, RUN FORWARD

1 Make 1/4 turn left stepping R to side [6]
2&3 Step L across right, (&) Step R back and slightly right, Step L back and slightly left [6]
4&5 Step R across left, (&) Step L back and slightly left, Step R back (long step dragging left towards right [6]
6&7 Step L back, (&) Step R beside left, Step L forward [6]
8& Run forward stepping R, L [6]

[25-32] □ STEP FORWARD, MAMBO 1/2 LEFT, ROLLING TURN 1 & 1/4 LEFT, ROCK BACK, RECOVER

1 Step R forward [6]
2&3 Rock L forward, (&) Make 1/2 turn left taking weight on R, Step L forward [12]
4&5 Make 1/2 turn left stepping R back, (&) Make 1/2 turn left stepping L forward, Make 1/4 turn left stepping R to side and begin to draw left foot to right [9]
(Easier alternate counts 4&5 – Step forward R, (&) L, Make 1/4 turn left stepping R to side)
6&7 Rock L behind right, (&) Recover weight on R, Step L to side [9]
8& Rock R behind left, (&) Recover weight on L [9]

REPEAT

Tag: Add the following 8 counts at the end of wall 2 (facing 6 o'clock)

1-2& Step R to right, (&) Rock L behind right, Recover weight on R [6]
3-4& Step L to left, (&) Rock R behind left, Recover weight on L [6]

5-8 Sway hips R, L, R, L [6]

Contact: www.elyron.com
