

Used

拍數: 32 牆數: 2 級數: Improver / Intermediate
編舞者: Annette Haslund (DK) - August 2014
音樂: Used - Ashley Monroe : (Album: Like a Rose - iTunes)



Intro (28 count)

SYNCOPATED JAZZBOX, ROCK STEP, 1¼ TRIPLE TURN R, ROCK STEP

1 Cross Right over Left,
2&3 Step Left back, Step Right to right side, step Left forward
4 5 Rock Right forward, recover on Left

Tag 1&3 and Restart

6&7 1¼ triple turn right, (Right, Left, Right) (3 o'clock)
Easy Option: ¼ turn R triple step 6&7 □ Turn ¼ right, make a triple step in place (Right, Left, Right)
8 1 Rock Left forward, recover on Right

SHUFFLE ½ TURN, STEP TURN, TRIPLE FULL TURN L, STEP ¼ TURN, CROSS

2&3 Shuffle ½ turn left (Left, Right, Left) (9 o'clock)
4 5 Step Right forward, ½ turn Left (weight on left) (3 o'clock)

Tag 2 and Restart

6&7 ½ turn left stepping back on Right, ½ turn left stepping forward on Left, step Right forward
Easy Option: Shuffle forward - 6&7 □ Step Right forward, step Left beside Right, step Right forward
8&1 Step left forward, turn ¼ right on to Right, cross Left over Right (6 o'clock)

VINE RIGHT, SIDE ROCK, CROSS, VINE LEFT, SIDE ROCK, FORWARD STEP

2&3& Step Right to right side, cross Left behind Right, step Right to Right side, cross Left over Right
4&5 Rock Right to Right side, recover on Left, cross Right over Left
6&7& Step Left to Left side, cross Right behind Left, step Left to Left side, cross Right over Left
8&1 Rock Left to Left side, recover on Right, step Left forward

ROCK STEP, SHUFFLE ¼ TURN, WALK X 3 (READ: MAKE THIS A FULL TURN)

2 3 Rock Right forward, recover on Left
4&5 (start full turn) Shuffle ¼ turn right (Right, Left, Right)
6 7 8 ¼ turn right stepping forward on Left, ¼ turn right stepping forward on Right, ¼ turn right stepping forward on Left (end of full turn) (6 o'clock)

* Tag 1&3: On Wall 3 and 9 starting 12 o'clock – in section 1 - dance the first 5 counts

½ TURN SHUFFLE, STEP FORWARD

6&7 Shuffle ½ turn right (Right, Left, Right)
8 Step Left forward

RESTART THE DANCE AT 6 O'CLOCK

* Tag 2: On Wall 6 - starting 6 o'clock – in section 2 - dance the first 5 counts

RIGHT SHUFFLE FORWARD, ¼ TURN STEP

6&7 Step Right forward, step Left beside Right, step Right forward
8 Make a ¼ turn stepping Left to the side

RESTART THE DANCE AT 12 O'CLOCK

ENDING: WALL 9 Dance to count 2&3 in section 2: Step Right forward, turn ¼ left on Left, cross Right over Left.

Contact: ahfpost-dance@yahoo.dk

