

Used

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Esmeralda van de Pol (NL) - January 2016
音乐: Used - Hayden Panettiere : (Album: Music of Nashville)



Intro: 16 tellen

S1: FIGURE 8, BEHIND, SIDE

- 1-2 Step RF to R side, Cross LF behind RF
- 3-4 1/4 turn R-step RF fwd, Step LF fwd
- 5-6 1/2 turn R-step RF fwd, 1/4 turn R-step LF to L side
- 7-8 Step RF behind LF, Step LF to L side

S2: TOE STRUT, PIVOT 1/4 TURN R, CROSS TOE STRUT, POINT, TOUCH

- 1-2 Touch R toe fwd, Step R heel down
- 3-4 Step LF fwd, 1/4 turn R-weight on RF
- 5-6 Touch L toe across RF, Step L heel down
- 7-8 Touch RF to R side, Touch RF next to LF

***Restart 3rd and 6th wall

S3: SIDE, TOGETHER, FWD,HOLD, STEP FWD, TOUCH BACK, STEP BACK, TOUCH.

- 1-2 Step RF to R side, Step LF next to RF
- 3-4 Step RF fwd, Hold
- 5-6 Step LF fwd, Touch R toe behind L heel
- 7-8 Step RF back, Touch LF next to RF

S4: SIDE,TOGETHER, BACK, KICK, COASTER STEP

- 1-2 Step LF to L side, Step RF next to LF
- 3-4 Step LF back, Kick RF fwd
- 5-6 Step RF back, Step LF next to RF
- 7-8 Step RF fwd, Hold

S5: STEP, 1/2 TURN R, STEP, HOLD, 3/4 TURN L, SCUFF

- 1-2 Step LF fwd, 1/2 turn R- weight on RF
- 3-4 Step LF fwd, Hold
- 5-6 1/2 turn L-step RF back, 1/4 turn L-step LF to L side
- 7-8 Step RF fwd, Scuff LF fwd

S6: JAZZ BOX 1/4 TURN L CROSS, SCISSOR STEP, HOLD

- 1-2 Cross LF over RF, 1/4 turn L-step RF back
- 3-4 Step LF to L side, Cross RF over LF
- 5-6 Step LF to L side, Step RF next to LF
- 7-8 Cross LF over RF, Hold

Restart: In the 3rd (09:00) and 6th(06:00) wall after 16 counts

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