Anyone Of Us



拍数: 0 墙数: 2 级数: Intermediate

编舞者: Maureen Jones (UK) & Michelle Jones (UK) 音乐: Anyone Of Us (Stupid Mistake) - Gareth Gates



Sequence: ABBC ABBCC ABBB

The dance starts 16 counts from the beginning of the track i.e. as the very first vocals begin "I've been letting you down...."

PART A

DIAGONAL STEP, ½ PIVOT, DIAGONAL SHUFFLE, DIAGONAL TOUCH, HEEL TWIST WITH ¼ TURN, SHUFFLE

1-2 Step right diagonally forward right (2:00), pivot ½ turn left (now facing 8:00)

3&4 Shuffle forward on right, left, right (towards 8:00)

5-6 Touch left forward (towards 8:00), with weight on ball of right twist both heels left to make 1/4

turn right (straighten up towards 12:00)

7&8 Shuffle forward on left, right, left (facing 12:00) Counts 1-5 are danced on the diagonal between 2:00 and 8:00

ROCK, TOUCH, ½ PIVOT, TOUCH, ½ PIVOT, COASTER-CROSS

9-10	Rock forward onto right, recover back onto left
11-12	Touch right back, pivot ½ turn right transferring weight onto right
13-14	Touch left forward, pivot ½ turn right transferring weight onto left
15&16	Step right back, step left beside right, step right across left

ROCK, BEHIND-SIDE-CROSS, ROCK, LARGE DIAGONAL STEP, DRAG

17-18	Rock left to left, recover right onto right
19&20	Step left behind right, step right to right, step left across right
21-22	Rock right to right, recover left onto left
23-24	Step right large step across left, drag left towards right

1/4 PIVOT, SHUFFLE, RONDE WITH 1/4 TURN, TOUCH, DIAGONAL STEPS

27&28	Shuffle forward on left, right, left
29-30	Make 1/4 turn left while sweeping right foot out to right, touch right beside left
31-32&	Step right large step diagonally forward right, touch left beside right, step left diagonally
	forward right (facing 2:00)

DIAGONAL STEP, ½ PIVOT, DIAGONAL SHUFFLE, DIAGONAL TOUCH, HEEL TWIST WITH ¼ TURN, SHUFFLE, ROCK, TOUCH, ½ PIVOT, TOUCH, ½ PIVOT, ROCK

33-46	Repeat counts 1-14
JJ- T U	Nebeal Counts 1-14

47-48 Rock right behind left, recover forward onto left

Step left to left, pivot 1/4 turn right

PART B

25-26

ROCK, REVERSE SHUFFLE, ROCK, STEP, POINT-1/2 TURN

1-2	Rock forward onto ric	ght, recover back onto left
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3&4 Shuffle back on right, left, right

5-6 Rock back on left, recover forward onto right

7-8 Step left forward (angling toes left), point right forward (towards 12:00) and, keeping right toe

in position, make ½ turn left on ball of left (right toe now touching back)

Count 8 is a flowing movement - the point and turn are danced simultaneously

ROCK, ½ SHUFFLE TURN, ¼ TURN-POINT, CROSS, POINT, CROSS

9-10	Rock forward on right, recover back on left
11&12	Make ¼ turn right and step right to right, step left beside right, make ¼ turn right and step right forward
13-14	Make ¼ turn right and point left to left, step left across right
15-16	Point right to right, step right across left

ROCK, BEHIND-TURN-STEP, ROCK, ½ TURN WITH STEP, POINT-RISE

17-18	Rock left to left, recover right onto right
19&20	Step left behind right, make ¼ turn right and step right forward, step left forward
21-22	Rock right forward, recover back onto left
23-24	Make ½ turn right and step right forward (bending knee), point left forward (toe slightly above
	floor level) and rise up on right toe

Easier option for count 24:- kick left low kick forward

LARGE STEP BACK, RONDE, MODIFIED SAILORS, ½ PIVOT

25-26	Large step back on left (bending left knee), ronde right out to right and around behind left (straightening left knee)
27&28	Step right behind left, step left to left, step right large step diagonally forward right
29&30	Step left behind right, step right to right, step left large step diagonally forward left
31-32	Step right forward, pivot ½ turn left (weight on left)

PART C

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DIAGONAL STEPS AND TOUCHES	
1-2	Step right diagonally forward right, touch left beside right
3-4	Step left diagonally back left, touch right beside left