

Us

拍數: 32 牆數: 4 級數: Improver
編舞者: Lynn Card (USA) - October 2013
音樂: We Were Us (feat. Miranda Lambert) - Keith Urban



Start dance after 16 count intro.

Walk, Walk, Mambo Right, Walk, Walk, Coaster Step

1,2,3&4 Walk R forward, walk L forward, rock forward on R, recover back on L, step R next to L
5,6,7&8 Walk L back, walk R back, step L back, step R back, step L forward

Shuffle R, ½ Turn, Shuffle Left, Paddle Turns

1&2&3&4 Step R forward, step L next to R, step R forward, make a half turn counter clockwise (this is on the & count), step L forward, step R next to L, step L forward
5,6,7,8 Step R slightly forward, pivot ¼ turn counter clockwise, recover on L, step R slightly forward, pivot ¼ turn counter clockwise, recover on L

Restart here on wall 3 after first 16 counts, you'll be facing 6 o'clock.

Cross Shuffle, Side Rock, Behind Side Cross, Side Rock

1&2,3,4 Cross R over L, recover L, cross R over left, rock L out to left side, recover on R to right side
5&6,7,8 Cross L behind R, recover on R to right side, cross L over R, rock R to right side, recover on L to left side

Sailor Steps and Modified Heel Jacks

1&2,3&4 Step R behind L, step L slightly to left side, step R to right side, make a ¼ turn counter clockwise on next sailor step stepping L behind R, step R slightly to right side, step L to left side
5&6&7&8& Cross R over L, step L slightly to left side, place R heel forward at right diagonal, step R back to center, cross L over R (this is the modified part), step R slightly to right side and place L heel forward at left diagonal, replace L at center

(you can also choose to do a traditional heel jack with count 7 crossing L "behind" R. I tend to like crossing in front both ways)

Contact Lynn Card with questions at: lynncard28@gmail.com