

USHERED THROUGH IT

Choreographed by: Guyton Mundy

Description: 64 Count, 4 Wall , advance linedance

Music: "Nice and Slow "Remix" By Usher

Count Description

1-8 Heel Jacks, Step back, leg swing, Step

- &1&2 Step R back, touch L heel forward, Step L back, cross R over L
&3&4 Step L back to L side, touch R heel forward, Step R back, Step forward on L
5-6 Hop back on R, swing L back
7-8 Hitch L up while skipping forward on R, step down on L

8-15 Back steps, touch, step out, ¼ turn, touch, Step

- 1-2 Step R behind, Step L behind R
3-4 Touch R behind L, step R to R side
5-6 make a ¼ turn to the Left, touch L to R
7 Step forward on L

16-24 Sailor, walk backs, ¾ unwind, coaster

- 8&1 Step R behind L, Step together with L, step forward on R
2-3-4 step L behind R, step R behind L, step L behind R
5-6 Unwind ¾ turn to the L
7&8 Step L back, Step together with R, step forward on L

25-32 Step, Throw leg, cross leg, throw leg, ¼ turn, step, touch, ¼ turn step

- *1-2 Step forward on R, kick L leg out to L
3-4 cross L in front of R , kick L out to L side
5-6 while making a ¼ turn to the L, swing L back, step forward on L
7-8 Touch R forward, step back on R while making a ¼ turn to the R
*(while doing counts 2,3,4,5 do not let your Left foot touch the ground)

33-40 Wrist rolls, clap behind with feet together, step back with hand rolls, touch, step, sailor, cross step

- 1&2 Take hands out to sides at shoulder height while rolling wrists backwards, clap hands behind back, while bringing feet together
3&4 while stepping back on R bring hands in front and rolling them backwards, touch L next to R
5 Step forward on L
6&7 step R behind L, step together with L, step forward on R
8 Step L foot forward diagonally across R, with all weight on L toe

41-48 Slide and Glide with ¾ turn, Reverse moonwalk

- &1&2 slide R foot across floor diagonally back to the R, shift weight to ball of R foot, slide L foot across floor diagonally back to the L, shift weight to ball of L foot
&3&4 slide R foot across floor diagonally forward, shift weight to ball of R foot, slide L foot diagonally back across the floor, shifting weight to L foot (you should now be facing 3:00 wall)
&5 with R heel raised slide R toes forward, step R heel down
&6 with L heel raised slide L toes forward, step L heel down
&7 with R heel raised slide R toes forward, step R heel down
&8 with L heel raised slide L toes forward, step L heel down

49-56 Step, 1/3 turn, 1/3 turn, 1/3 turn, coaster, knee slap, touch

- 1-2 Step forward on R, Keeping R heel on the ground, bring feet together and make CCW 1/3 turn
3-4 Keeping feet together pivot 1/3 turn CCW, Keeping feet together pivot 1/3 turn CCW (end with weight on R)
5&6 Step L back, step R together, step L forward
7-8 lift R knee up slapping R knee with R hand, touch R down and back

57-64 Knee slap, step, Sailor (X2), hopping full turn

- 1-2 lift R knee up slapping R knee with R hand, step forward on R
3&4 step L behind R, step R together, step L forward
5&6 step R behind L, step L together, step R forward
7&8 lift L foot off the ground while hopping 3 times on R foot (you will do a full turn) but be sure to bring L foot down on 8