

One 4 LDF

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: David Hoyn (AUS), Betty Drummond (UK), Alison Johnstone (AUS), Hayley Wheatley (UK), Rebecca Lee (MY), José Miguel Belloque Vane (NL), Daniel Trepát (NL), Sobrielo Philip Gene (SG) & Kelvin Dale (AUS) - May 2018



Musik: One for Me - Michael Constantino

Intro: 8 counts

[1-8] STEP DIAGONALLY FORWARD, HOLD, SAILOR STEP, BEHIND ¼, PIVOT ½ TURN

- 1-2 Step right to diagonal forward right (1), hold (2)
- 3&4 Step left behind right(3), step right to right(&), step left slightly diagonally forward left(4)
- 5-6 Step right behind left (5), ¼ left step left forward (6)
- 7-8 Step right forward (7), turn ½ turn left (8) (3:00)

[9-16] TRAVELLING KICK BALL CHANGE, 'V' STEP

- 1&2 Kick right forward (1), step right beside left (&), step left slight forward (2)
- 3&4 Kick right forward (3), step right beside left (&), step left slight forward (4)
- 5-6 Step right diagonally forward (5), step left diagonally forward (6)
- 7-8 Step right back to centre (6), step left beside right (8) (3:00)

[17-24] SIDE HOLD, BALL STEP TOUCH, ROLLING VINE SCUFF

- 1-2 Step right to right (1), hold (2)
- &3-4 Step left beside right (&), step right to right (3), touch left beside right (4)
- 5-6 ¼ left step left forward (5), ½ left step right back (6)
- 7-8 ¼ turn left step left to left (7), scuff right forward (8)(3:00)

[25-32] JAZZ BOX ¼ RIGHT TURN, JAZZ BOX ¼ RIGHT TURN

- 1-2 Cross right over left (1), step left slightly back (2)
- 3-4 ¼ turn right step right slight to right (3), step left beside right (4)(6:00)
- 5-6 Cross right over left (5), step left slightly back (6)
- 7-8 ¼ turn right step right slight to right (7), step left slight forward (8) (9:00)

Tag on wall 5 (12:00)

- 1-4 Step right forward (1), bounce right heel 3 times

Hands: Slowly bring right hands up (palm facing up)

- 5-8 Turn ½ turn left (5) bounce left heels 3 times

Hands: Slowly bring left hands up (palm facing up)
