

One Dance

Compte: 32

Mur: 2

Niveau: Newcomer

Chorégraphe: Amélie Jammart (BEL) & Paul Steinborn (DE) - February 2017

Musique: "One Dance" By Alex Aiono



Intro: 32 Counts

Samba Step 2x, Mambo Step Froward, ½ Turn, Toe Strut Forward With Hips Bump.

- 1 Rf Step Side
- & Lf Rock Step Back
- 2 Rf Recover
- 3 Lf Step Side
- & Rf Rock Step Back
- 4 Lf Recover
- 5 Rf Rock Step Forward
- & Lf Recover
- 6 Rf Step ½ Turn Right
- 7 Lf Step Toe Forward With Hips Bump
- 8 Lf Drop Heel

Cross Samba 2x, Cross, Step ¼ Turn, Chasse ¼.

- 1 Rf Cross Over Lf
- & Lf Step Out
- 2 Rf Step Out
- 3 Lf Cross Over Rf
- & Rf Step Out
- 4 Lf Step Out
- 5 Rf Cross Over Lf
- 6 Lf Step ¼ Turn Back (Face To 9am)
- 7 Rf Step ¼ Turn Side (Face To 12am)
- & Lf Step Next To Rf
- 8 Rf Step Side

Walk Forward 1/8 Turn, Walk Forward, Mambo Step, Hitch Back 2x, Touch Side With 1/8 Turn, Body Roll, Ball Step.

- 1 Lf Step Forward With 1/8 Turn (1.30am)
- 2 Rf Step Forward
- 3 Lf Rock Forward
- & Rf Recover
- 4 Lf Step Back
- 5 Rf Hitch Step Back
- 6 Lf Hitch Touch Side 1/8 Turn (12pm)
- 7 Body Roll
- & Rf Ball
- 8 Lf Step Side

Press Step Forward, Sweep, Sailor Step 1/8, Tiny Step 1/8 Turn, Tiny Step, ¼ Turn With 3 Tiny Step.

- 1 Rf Press Step Forward
- 2 Rf Sweep Back
- 3 Rf Cross Behind Lf
- & Lf Step Out
- 4 Rf Step Out With 1/8 Turn

5 Lf Tiny Step With 1/8 Turn
6 Rf Tiny Step Forward
7&8 Lf And Rf ¼ Turn With 3 Tiny Step
& Lf Hold

Tag: Wall 3 And 8 Change Count 16:

Chasse

7 Rf Step ¼ Turn Side (Face To 12am)
& Lf Step Next To Rf
8 Rf Touch Next To Lf

And Restart The Dance.

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