

Not The Only One

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Craig Bennett (UK) - September 2014
音乐: I'm Not the Only One - Sam Smith : (Album: In The Lonely Hour)



[1-8] Side, Sweep, Behind side step, Rock 1/2 turn, Step 1/2 turn

1,2 Step right to right side, Step left behind right sweeping right around
3&4 Step right behind left, Step left to left side, Step forward onto right
5&6 Rock forward onto left, Recover back onto right, Make a 1/2 turn left stepping forward onto left
7,8 Step forward onto right, Make 1/2 pivot turn left (12:00)

[9-16] Cross back, Cross side behind, Rock recover 1/4, Full turn forward

1,2 Cross right over left, Step back onto left
&3&4 Step right to right side, Cross left over right, Step right to right side, Step left behind
5,6 Rock right to right side, Recover onto left making a 1/4 turn left (9:00)
7,8 Make 1/2 turn left stepping back onto right, Make a 1/2 turn left stepping forward onto left (9:00)

[17-24] Rock 1/2 turn, Rock recover, Behind side cross, Side behind

1&2 Rock forward onto right, Recover back onto left, Make a 1/2 turn right stepping forward onto right (3:00)
3,4 Rock forward onto left, Recover back onto right
5&6 Step left behind right, Step right to right side, Cross left over right
7,8 Step right to right side, Step left behind right

[25-32] Side rock, Sailor 1/4 turn, 1/2 turn, 1/4 turn, Behind side cross

1,2 Rock right to right side, Recover to left side
3&4 Step right behind left, Step left to left side making 1/4 turn right, Step forward onto right (6:00)
5,6 Make 1/2 turn left stepping forward onto left, Make 1/4 turn left stepping right to right side (9:00)
7&8 Step left behind right, Step right to right side, Cross left over right
