

Number One

拍数: 32 墙数: 4 级数: Easy Intermediate
编舞者: Bambang Satiyawan (INA) - November 2014
音乐: The Tide Is High - Atomic Kitten



I. SIDE-BACK ROCK RECOVER-LOCK SHUFFLE-PIVOT-LOCK SHUFFLE

1 – 2 – 3 Step L to side, Rock R back, Recover on L
4 & 5 Step R forward, Lock L behind R, Step R forward
6 – 7 Step L forward, Turn ½ right step R in place
8 & 1 Step L forward, Lock R behind L, Step L forward

II. SIDE ROCK RECOVER-BEHIND-TURN FORWARD STEP-ROCK RECOVER-BACK ROCK RECOVER-FORWARD STEP

2 – 3 Rock R to side, Recover on L
4 & 5 Step R cross behind L, Turn ¼ left step L forward, Rock R forward
6 – 7 Recover on L, Step R back
8 & 1 Rock L back, Recover on R, Step L forward

Restart here on wall 4 , 7 (change L forward to be Step L to side)

III. SIDE-CLOSE-CHASSE TURN-PIVOT-CROSS SHUFFLE

2 – 3 Step R to side, Close L beside R
4 & 5 Step R to side, Close L beside R, Turn ¼ right step R forward
6 – 7 Step L forward, Turn ¼ right step R in place
8 & 1 Cross L over R, Step L to side, Cross R over L

IV. SWAY-CHASSE TURN-PIVOT-CHASSE

2 – 3 Sway hip right – left
4 & 5 Step R to side, Close L beside R, Turn ¼ right step R forward
6 – 7 Step L forward, Turn ½ right step R in place
8 & Turn ¼ right step L to side, Close R beside L

Tag after wall 8:

1 – 4 Sway left, right, left, right

Enjoy the dance...

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