

One Sweet Day

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Kim Ray (UK) - May 2016
音乐: One Sweet Day - Boyz II Men & Mariah Carey : (Album: Legacy)



#16 count intro

S1: □SIDE, BACK ROCK/RECOVER, ¼ TURN LEFT, FULL TURN LEFT, PIVOT ½ TURN LEFT, RUN FORWARD x 2, FORWARD ROCK/RECOVER, BACK

- 1-2& Large step right to right side, back rock on left, recover forward on right
- 3 ¼ turn left stepping forward on left (9)
- 4& ½ turn left stepping back on right, ½ turn left stepping forward on left
- 5& Step forward on right, ½ pivot turn left (3)
- 6& Run forward on right, run forward on left
- 7-8 Rock/lean forward on right, recover back on left
- & Small step back on right and to the right side

S2: □CROSS ROCK/RECOVER, SIDE, CROSS, SIDE, BACK ROCK/RECOVER, ¼ TURN LEFT, ½ TURN LEFT, CROSS, BACK, BACK

- 1&2 Cross rock left over right, recover back on right, step left to left side
- &3 Cross right over left, large step to left side
- 4&5 Back rock on right, recover on left, ¼ turn left stepping back on right lifting left foot slightly up (12)
- 6&7 Run round ½ turn left (making ½ circle) stepping left, right, left, sweeping right out and forward (6)
- 8&1 Finishing sweep crossing right over left and turning to (4.30), step back on left, large step back on right dragging left to right

S3: □BACK, ½ TURN RIGHT, FORWARD, FORWARD ROCK/RECOVER, TOE TOUCH BACK, ½ TURN RIGHT, FORWARD PRESS/RECOVER, SWEEP, SAILOR STEP

- 2&3 Step back on left, ½ turn right stepping forward on right, step forward on left (10.30)
- 4&5 Rock forward on right, recover back on left, touch right toe back
- 6-7 ½ turn right taking weight on right and press forward bending right knee, bring weight back on left sweeping right out and back (4.30)
- 8&1 Cross right behind left, step left to left side, step right to right side straightening up to (3)

S4: □BEHIND SIDE CROSS, SIDE, BACK ROCK/RECOVER, SIDE ROCK/RECOVER, CROSS, FULL TURN LEFT, HITCH, SIDE, TOGETHER

- &2& Cross left behind right, step right to right side, cross left over right
- 3 Large step to right side
- 4& Back rock on left, recover forward on right
- 5& Side rock left, recover on right
- 6& Cross left over right, ¼ turn left stepping back on right (12)
- 7 Weight on right foot, slightly hitch left knee and ½ turn left (taking weight on left) (6)
- 8& ¼ turn left and step right to right side, step left next to right (3)

Contact: kim.ray1956@icloud.com