

The One

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Trine Haukø Lund (NOR) - April 2017
音乐: Daddy - Abby Anderson



#16 counts intro

Section 1: Step L fwd, step R fwd, 1/2 turn L, recover L, step R fwd, full turn R, lock step, walk R fwd, rock L fwd, recover R

1 Step LF forward,
2&3 Step RF forward, turn 1/2 L, recover on LF, step RF forward
4&5 Turn 1/2 R, step LF backwards, turn 1/2 R, step RF forward, step LF forward
&6 Lock RF behind LF, step LF forward
7-8& Walk RF forward, rock LF forward, recover on RF

Count 7-8. You can sweep R and LF from back to front as you walk fwd. □

Section 2: Slide backwards L, coaster step R, scissor step 1/4 turn R, point R, full turn R, rock L, recover R, cross L □

1 Step/slide backwards on LF
2&3 Step RF backwards, step LF next to RF, step RF forward
4&5 Step LF forward, turn 1/4 R(9.00), recover on RF, cross LF over RF
6-7 Pont RF to R, make a full turn R(9.00), and drag RF towards LF
&8 Rock LF to L, recover on RF
& Cross LF over RF

Section 3: Night club basic R, 1/4 turn L, step 1/2 turn L, press R, recover L, 1/2 turn R, coaster cross R

1-2& Step RF to R, cross LF behind RF, cross RF over LF
3 Turn 1/4 L(6.00), step LF forward
4&5 Step RF forward, turn 1/2 L(12.00), recover on LF, press RF forward
6 Recover on LF, turn 1/2 R(6.00)
7&8 Step RF backwards, step LF next to RF, cross RF over LF

Section 4: Side L, cross R, Sweep L, cross L, side R, behind L, sweep R, coaster cross R, full turn L, rock L, recover R

&1 Step LF to L, cross RF in front of LF, sweep LF from back to front
2&3 Cross RF over LF, step RF to R, cross LF behind RF, sweep RF from front to back
4&5 Cross RF behind LF, step LF to L, cross RF over LF
6-8 Make a full turn L, rock LF backwards, recover on RF

Tags:-

Tag 1: 4 count Tag after wall 2 facing 12

1-4 Change weight L-R-L-R

Tag 2: 4& count Tag in wall 5 after section 2. Facing 9

1-2 Change weight R-L

3-4& Change weight R-L change weight R and turn 1/4 R(12.00)

Restart: After the Tag in wall 5, facing 12.