

One Day

拍数: 40 墙数: 2
编舞者: Antonio Manigas (IT) - May 2017
音乐: Warm With You - Mark McKinney

级数: Improver - Country



S1) KICK RIGHT,KICK LEFT,KICK RIGHT,KICK LEFT,FLICK LEFT

1-2 Kick Right Forward – Beside Left
3-4 Kick Left Forward – Beside Right
5-6 Kick Right Forward – Beside Left
7-8 Kick Left Forward – Flick Left

S2) GRAPVINE LEFT,SCUFF,GRAPVINE RIGHT,TOUCH LEFT

1-2 Step Left To Left Side – Cross Right Behind Left
3-4 Step Left To Left Side – Scuff Right Beside Left
5-6 Step Right To Right Side – Cross Left Behind Right
7-8 Step Right To Right Side – Touch Left

S3) FULL TURN LEFT,STOMP UP,KICK RIGHT DIAGONALLY (X2),STEP RIGHT,TOUCH LEFT

1-2 (Turn ¼ Left Side) Step Left Forward To Left Side – (Turn ½ Left Side) Step Right Forward
Back Onto Left Side
3-4 (Turn ½ Left Side) Step Left Back To Left Side – Stomp Up Right Beside Left
5-6 Kick Right Diagonally – Kick Right Diagonally
7-8 Step Right Beside Left – Touch Left Beside Right

S4) TURN ¼ LEFT SIDE STEP LEFT FORWARD,HOOK RIGHT,STEP RIGHT,HOOK LEFT,TURN ¼, LOCK FORWARD LEFT,STOMP UP

1-2 (Turn ¼ Left Side) Step Left Forward To Left Side – Hook Right Behind Left
3-4 Step Right Back – Hook Left Over Right
5-6 (Turn ¼ Left Side) Step Left Forward – Lock Right Behind Left
7-8 Step Left Forward – Right Stomp Up

S5) TURN ½ RIGHT AND TOE STRUT,TURN ½ LEFT AND TOE STRUT,ROCK FW,STOMP UP, ROCK BK,STOMP

1-2 Turn ½ Right Forward Toe Strut and Step Back Side
3-4 Turn ½ Left Forward Toe Strut And Step Forward Side
5-6 Rock Right Forward – Left Stomp Up
7-8 Rock Right Back – Left Stomp

REPEAT

THE WALLS 7-8-11 AND 12 ARE TO 32 COUNTS, WITHOUT THE S5

RESTART: AFTER 16 COUNTS ON THE 3RD AND 11TH REPETITIONS.

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