

One Step, Two Step

拍数: 32 墙数: 4 级数: Upper Beginner
编舞者: Adrian Lefebour (AUS) - July 2017
音乐: One Step Forward - Desert Rose Band : (iTunes)



Notes: 32 count intro from the start of the song.

[1-8] □ STEP FWD R45, TOUCH, STEP FWD L45, TOUCH, STEP BACK R45, TOUCH, STEP BACK L45, TOUCH

1,2 Step R forward on R 45, Touch L toe next to R (clap hands on the touch)
3,4 Step L forward on L 45, Touch R toe next to L (clap hands on the touch)
5,6 Step R back on R 45, Touch L toe next to R (clap hands on the touch)
7,8 Step L back on L 45, Touch R toe next to L (clap hands on the touch)

[9-16] □ VINE RIGHT, VINE LEFT 1/4 TURN SCUFF

1,2 Step R to R side, Step L behind R
3,4 Step R to R side, Touch L toe next to R
5,6 Step L to L side, Step R behind L
7,8 1/4 Turn L step forward on L, Scuff R forward (9.00)

[17-24] □ TOE STRUT JAZZ BOX

1,2 Touch R toe across L, Drop R heel
3,4 Touch L toe slightly back, Drop L heel
5,6 Touch R toe to R side, Drop R heel
7,8 Touch L toe next to R, Drop L heel (weight on L)

[25-32] □ R HEEL, STEP TOGETHER, L HEEL, STEP TOGETHER, HEEL FWD, HOLD, TOE BACK, HOLD

1,2 Place R heel forward to R 45, Step R next to L
3,4 Place L heel forward to L 45, Step L next to R
5,6 Place R heel forward, Hold
7,8 Touch R toe back, Hold

START AGAIN

RESTART – Wall 4

Dance to count 16, then restart the dance facing the 12 o'clock wall.

RESTART - Wall 11, facing the 6 o'clock wall

Dance the first 8 counts of the dance and then start the dance again.

FINISH – Wall 14

Dance to count 26, then do a 1/4 paddle turn with your L to finish at the front wall.