

One Foot

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Addison Albro (USA) & Dan Albro (USA) - February 2018
音乐: One Foot - WALK THE MOON



Intro: 16 count Intro, * 1 Tag/Restart

[1-8] STOMP, STOMP, HOLD(CLAP), SHUFFLE FWD, FWD MAMBO, SHUFFLE ½ TURN

1&2 Stomp fwd R, stomp fwd R(weight on R), hold clapping hands
3&4 Step fwd L, step R next to L, step fwd L
5&6 Step fwd R, step L next to R, step back R
7&8 Turn ¼ left stepping side L, step R next to L, turn ¼ left stepping fwd L 6:00

* On wall 5 (facing 12:00) replace counts 7&8 of the first eight count with a coaster step;
Step back L, step R next to L, step fwd L. Then restart from the beginning.

[9-16] SHUFFLE ½ TURN, COASTER STEP, KICK, OUT, OUT, 3 HIP BUMPS

1&2 Turn ¼ left stepping side R, step L next to R, turn ¼ left stepping back R 12:00
3&4,5&6 Step back L, step R next to L, step fwd L, kick R fwd, step side R, step side L
7&8 Bump hips right weight on R, bump hips left weight on L, bump hips right weight on R

[17-24] WEAWE, ¼ TURN ROCK, REPLACE, ½ TURN STEP, STEP, LOCK, STEP, STEP, LOCK, STEP

1&2& Step side L, step R behind L, step side L, cross R over L
3&4 Turn ¼ left rocking fwd L, replace weight on R, turn ½ left stepping fwd L 3:00
5&6 Step fwd R, lock step L behind R, step fwd R
7&8 Step fwd L, lock step R behind L, step fwd L

[25-32] JAZZ BOX, STEP ½ PIVOT, HEEL & HEEL &

1,2,3,4 Cross R over L, small step back on L, step side R, step fwd L
5,6 Step fwd R, pivot ½ left weight on L
7&8& Touch R heel fwd, step R next to L, touch L heel fwd, step L next to R

Last Update – 9th Feb. 2018