

One 4 LDF

拍数: 32 墙数: 4 级数: Improver
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音乐: One for Me - Michael Constantino



Intro: 8 counts

[1-8] STEP DIAGONALLY FORWARD, HOLD, SAILOR STEP, BEHIND ¼, PIVOT ½ TURN

1-2 Step right to diagonal forward right (1), hold (2)
3&4 Step left behind right(3), step right to right(&), step left slightly diagonally forward left(4)
5-6 Step right behind left (5), ¼ left step left forward (6)
7-8 Step right forward (7), turn ½ turn left (8) (3:00)

[9-16] TRAVELLING KICK BALL CHANGE, 'V' STEP

1&2 Kick right forward (1), step right beside left (&), step left slight forward (2)
3&4 Kick right forward (3), step right beside left (&), step left slight forward (4)
5-6 Step right diagonally forward (5), step left diagonally forward (6)
7-8 Step right back to centre (6), step left beside right (8) (3:00)

[17-24] SIDE HOLD, BALL STEP TOUCH, ROLLING VINE SCUFF

1-2 Step right to right (1), hold (2)
&3-4 Step left beside right (&), step right to right (3), touch left beside right (4)
5-6 ¼ left step left forward (5), ½ left step right back (6)
7-8 ¼ turn left step left to left (7), scuff right forward (8)(3:00)

[25-32] JAZZ BOX ¼ RIGHT TURN, JAZZ BOX ¼ RIGHT TURN

1-2 Cross right over left (1), step left slightly back (2)
3-4 ¼ turn right step right slight to right (3), step left beside right (4)(6:00)
5-6 Cross right over left (5), step left slightly back (6)
7-8 ¼ turn right step right slight to right (7), step left slight forward (8) (9:00)

Tag on wall 5 (12:00)

1-4 Step right forward (1), bounce right heel 3 times

Hands: Slowly bring right hands up (palm facing up)

5-8 Turn ½ turn left (5) bounce left heels 3 times

Hands: Slowly bring left hands up (palm facing up)