

The One Love

拍数: 48 墙数: 4 级数: Improver
编舞者: Nicole Gagne - August 2018
音乐: Boxes - The Goo Goo Dolls



Intro: 16 Counts

CROSS ROCK RECOVER & CROSS STEP. ½ TURN LEFT SIDE RIGHT, RECOVER, BEHIND SIDE FORWARD

1-2 Cross right over left, recover weight on left
&3,4 Step side right, cross left over right, step side right (still at 12:00)
5-6 ½ turn left while rocking to the left side, recover on right (6:00)
7&8 Left cross behind right, side step right, step forward left (6:00)

ROCK RECOVER, FULL TURN RIGHT, ¼ TURN RIGHT, CROSS, STEP SIDE

1-2 Rock forward on right, recover on left
3&4 Full chase turn – ½ turn right by stepping back on right, ½ turn right by pivoting back on left foot, step forward on right (12:00)
5-6 Step for left, make a ¼ turn right (9:00), take weight on right
7-8 Cross left foot over right, step side right

WALK BACK 2X, COASTER BACK LEFT, ¼ LEFT

1-2 Walk back left, right
3&4 Coaster step back on left
5-6 Make a small step out diagonal on right, rock 1/8 turn to the left
7-8 Make a small step out diagonal on right, rock 1/8 turn to the left (6:00)

CROSS ROCK STEPS, ½ TURN LEFT, ¼ LEFT

1,2& Cross right over left (1), recover weight on left (2) change weight to right (&)
3,4& Cross left over right (1), recover weight on right (2) change weight to left (&)(6:00)
5-6 Step right, ½ turn left (12:00)
7-8 Step right, ¼ turn left (9:00)

WALK FORWARD WITH HOLDS, ROCK FORWARD RECOVER, BACK TOGETHER

1-2 Walk forward right, hold
3-4 Walk forward left, hold
5-6 Rock forward on right, recover on left
7-8 Step back on right, together left (9:00)

STEP BACK DIAGONAL AND BACKWARD SKATES

1-2 Step diagonal back on right, touch left
3-4 Step diagonal back on left, touch right
5-8 Backward skate steps, right, left, right, left (9:00)

BEGIN AGAIN, Enjoy!

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