

One More Dance

拍数: 32 墙数: 4 级数: High Beginner
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音乐: One More Dance - Smokie



Intro: 16 Counts

Sec 1: Step To R, Step Together, Chasse, Cross Rock, Recover, Chasse 1/4 Turn L

1-2 RF. step to R side - LF. Step together
3&4 RF. step to R side - LF. Step together - RF. step to R side
5-6 LF. Cross rock over RF - RF. Recover
7&8 LF. Step to L side - RF. Step together - LF. 1/4 Turn L step fwd (9:00)

Sec 2: Rock fwd, Recover, Shuffle fwd, Rock fwd, Recover, Shuffle 1/2 Turn L

1-2 RF. Rock fwd - LF. Recover
3&4 RF. Step fwd - LF. Step together - RF. Step fwd
5-6 LF. Rock fwd - RF. Recover
7&8 Shuffle 1/2 turn L, stepping L,R,L (3:00)

Sec 3: Side, Together, Back Shuffle, Side, Together, Shuffle fwd

1-2 RF. Step to L side - LF. Step together
3&4 RF. Step back - LF. Step together - RF. Step back
5-6 LF. Step to R side - RF. Step together
7&8 LF. Step fwd - RF. Step together - LF. Step fwd

Sec 4: Sway R,L, Chasse, 1/2 Turn R, Cross Rock Behind, Recover

1-2 RF. Step to R side sway hips to R - Sway hips to L
3&4 RF. Step to R side - LF. Step together - RF. Step to R side
5-6-7 LF. Cross behind RF - RF. 1/4 Turn R step fwd - LF. 1/4 Turn R step to L side (9:00)
8& RF. Cross rock behind LF - LF. Recover

Start Again

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