

No One

拍数: 32

墙数: 4

级数: Novice / Intermediate - Polka Non-Country

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音乐: No One - Jess Glynne



32 counts intro

[1-8] R Heel bumps, RF behind, turn 1/4 LF step, RF step, LF rock forward, RF recover, coaster step

1&2 touch R heel diagonally forward, hitch right knee, touch R heel diagonally forward
3&4 cross RF behind LF, (turn 1/4 left) and step LF forward,(09.00) step RF together
5,6 rock LF forward, recover to RF
7&8 Step LF back, step RF back, Step LF forward

[9-16] step RF-turn 1/4 left, step, step RF-turn 1/2, shuffle forward, turn 1/2, turn 1/2(full turn forward)

1,2 RF step forward-turn 1/4 left(06.00) the weight on LF
3,4 RF step forward-turn 1/2 left (12.00) the weight on LF
5&6 step RF forward, LF behind RF, step RF forward
7,8 step LF 1/2back(06.00), step RF 1/2 forward 12.00

[17-24] shuffle forward, rock RF-recover LF, turn 1/4, chasse to right, cross rock LF-recover RF

1&2 Step LF forward, RF behind LF, step LF forward
3,4 Rock RF forward, recover to LF
5&6 Turn 1/4 right Step RF to right side(03.00), LF together, step RF to right side
7,8 cross rock LF over RF, recover RF

[25-32] rock LF side, recover RF, left sailor step, right sailor step, LF behind RF-full turn(weight on LF)

1,2 rock LF to left side, recover to RF(03.00)
3&4 LF behind RF, RF together, step LF to left side
5&6 RF behind LF, LF together, RF to right side
7,8& Step LF behind RF, full unwind, together (weight on LF)03.00

Dance and have fun:)

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