

One by One

拍数: 32 墙数: 4 级数: Beginner
编舞者: Magali CHABRET (FR) - January 2020
音乐: One by One - Broken Back : (CD: Good Days)



#16 counts intro

S1 – R DIAGONAL ROCK, TRIPLE STEP, L DIAGONAL ROCK, TRIPLE STEP

1-2 Rock Rf diagonally forward right – recover onto Lf
3&4 Step Rf diagonally forward right – step Lf beside Rf – step Rf diagonally forward right
5-6 Rock Lf diagonally forward left – recover onto Rf
7&8 Step Lf diagonally forward left – step Rf beside Lf – step Lf diagonally forward left

S2 – R JAZZBOX SQUARE, SIDE MAMBO R & L

1-4 Cross Rf over Lf – step back on Lf – step Rf to right side – cross Lf over Rf
5&6 Rock Rf to right side – recover onto Lf – close Rf next to Lf
7&8 Rock Lf to left side – recover onto Rf – close Lf next to Rf

S3 – R ROCKING CHAIR, R ROCK FWD, TRIPLE ½ TURN R

1-2 Rock Rf forward – recover onto Lf
3-4 Rock Rf back – recover onto Lf
5-6 Rock Rf forward – recover onto Lf
7&8 Turn 1/4 right stepping Rf to side – close Lf next to Rf – turn 1/4 right stepping Rf forward (6:00)

S4 – SIDE, BEHIND, ¼ TURN L, L TRIPLE FWD, PADDLE ½ TURN L, TOUCH

1-2 Step Lf to left side – step Rf behind Lf
3&4 Turn 1/4 left stepping Lf forward – close Rf next to Lf – step Lf forward (3:00)
5-6 Turn 1/8 left & touch Rf to right side – turn 1/8 turn left & touch Rf to right side (12:00)
7,8 Turn 1/8 left & touch Rf to right side – turn 1/8 left & touch Rf next to Lf (9:00)

Tag after wall 4, facing 12:00 :

V STEP

1-4 Step Rf diagonally right forward (out) – step Lf to left side (out) – step Rf back to centre (in) – close Lf next to Rf (in)

« Croquez La Vie à Pleines Danses ! » Magali Chabret - galicountry76@yahoo.fr - www.galichabret.com
Fiche originale de la chorégraphe. Merci de ne pas modifier ces pas de quelque manière que ce soit.