

One Man Band

拍数: 28 墙数: 4 级数: Intermediate
编舞者: Wendy McLean (CAN) - November 2019
音乐: One Man Band - Old Dominion



Mambo Step, Coaster Step, Shuffle 5/8 Turn, Mambo Step

1&2 Rock forward on right, Recover on left, Step back on right
3&4 Step back on left, Step right together, Step forward on left
5&6 Step forward on right, Step 1/2 on left, Step 1/8 onto right (4:30)
7&8 Rock forward on left, Recover on right, Step back on left

Shuffle Back, Shuffle Half, Cross Rock, Side 3/8, Sway, Touch

1&2 Shuffle back (RLR),
3&4 Shuffle 1/2 left (LRL) (10:30)
5&6 Cross rock right over left, Recover on left, Step right 3/8 right (3:00)
7 8 Sway/Step left side, Touch right

1/4, 1/2, Shuffle 1/4, Cross Mambo, Cross Mambo

1 2 Step 1/4 right on right, Step 1/2 right on left (12:00)
3&4 Shuffle 1/4 right (RLR) (3:00)
5&6 Rock left over right, Recover on right, Step left together
7&8 Rock right over left, Recover on left, Step right together

Step 1/2 Step, 1/2, 1/2, Touch

1&2 Step forward on left, Step 1/2 right on right, Step forward on left (9:00)
3&4 Turn 1/2 left and step back on right, Turn 1/2 left and step on left, Touch right beside left (9:00)

**** Restart after 16 counts on walls 3, 6 & 7 ****

Last Update: 5 Sep 2023
