

All At Once

拍数: 40 墙数: 2 级数: Improver
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音乐: All at Once - Whitney Houston



Sequence : AA-B-A16c-A-Tag-AA-B-A16c-AA-BB

A :

SA-1. Back-back-back coaster step, cross shuffle-forward-recover

123&4 step R back (1) - L back (2) - R back (3) - L recover (&) - R forward (4)
5&678 step cross over L to R (5) - R side (&) - cross over L to R (6) - R forward (7) - L recover (8)

SA-2. Turn R back-side-recover, turn R diamond forward, diamond back, turn L side (sway)-sway-recover

1&2 turn R step R back (1) - L side (&) - R recover (2) (06.00)
3&4 turn R step L walk (3) - R walk (&) - L walk (4) (10.30)
5&6 step R recover (5) - L back (&) - R back (6)
7&8 turn L step L side (sway) (7) (06.00) - R sway (8) - L recover (&)

SA-3. Cross over-recover-side, pivot turn R-rolling turn L-mambo cross

1&2 step cross over R to L (1) - L recover (&) - R side (2)
3&4 turn R step L forward (3) - R recover (&) - L forward (4) (12.00)
5&6 step full turn L : R, L, R (5) (&) (6)
7&8 step L side (7) - R recover (&) - cross over L to R (8)

B :

SB-1. Mambo cross, pivot turn R, pivot turn L, mambo side

1&2 step R side (1) - L recover (&) - cross over R to L (2)
3&4 turn R step L forward (3) - R recover (&) - L forward (4) (06.00)
5&6 turn L step R forward (5) - L recover (&) - R forward (6) (12.00)
7&8 step L side (7) - R recover (&) - close L beside to R (8)

SB-2. Diagonal R-L : dorothea, diagonal R : side-close, turn L side-close

1 2& diagonal R : step R forward (1) - L behind (2) - R forward (&)
3 4& diagonal L : step L forward (3) - R behind (4) - L forward (&)
5 6 diagonal R : step R side (5) - close touch L recover (6)
7 8 turn L step L side (7) - close touch R beside to L (8) (06.00)

Tag : 1 2 : step R sway (1) - L sway (2)

Notes : Sequence : AA-B-A16c-A-Tag-AA-B-A16c-AA-BB :

B1 Start at 12.00 (12 o'clock), end at 06.00 (6 o'clock)

B2 Start at 06.00 (6 o'clock), end at 12.00 (12 o'clock)

Last Update - 28 June 2020