

One and a Half

拍数: 32 墙数: 4 级数: High Beginner
编舞者: JMP (KOR) & Ssabu (KOR) - June 2020
音乐: One and a Half (일과 이분의 일) - TWO TWO (투투)



Start : After 32 counts

Tag & Restart : On wall 2 (3:00) & wall 8 (6:00) after 24 counts tag & restart

TAG : 12 count

1 - 4 Step RF beside LF, Cross your arms,
5 - 8 Step LF Back Big (slide), RF Drag, Together
1 - 4 LF Step Side (stretch one's arms to the side)

S1 (1-8) Walk (R-L), Mambo Forward, Back (L-R), Mambo Back

1 2 3&4 Step RF forward, Step LF forward, Rock forward RF, Recover Weight onto LF, Step RF back
5 6 7&8 Step LF back, Step RF back, Rock back LF, Recover Weight onto RF, Step LF beside RF

S2 (1-8) Mambo Side (R-L), Apple Jacks (R-L-R-L)

1&2 3&4 Rock side RF, Recover LF, RF beside LF, Rock side LF, Recover RF, LF beside RF
5 & 6 & With weight on right toe and left heel, turn right heel into the left and left toe out to the left (5), return both feet to center ready to change weight (&), with weight on right heel and left toe, turn right toe into the right and left heel out to the right (6), return both feet to center ready to change weight (&)
7 & 8 & With weight on right toe and left heel, turn right heel into the left and left toe out to the left (7), return both feet to center ready to change weight (&), with weight on right heel and left toe, turn right toe into the right and left heel out to the right (8), return both feet to center ready to change weight (&)

S3 (1-8) Step Side (R-L), Knee Bouncing x2, Step Side (L-R), Knee Bouncing x2

1 2 3&4 Step RF side, Step LF side, Knee both bouncing Twice (3&4)
5 6 7&8 Step LF side, Step RF side, Knee both bouncing Twice (7&8) – See Video for Style

S4 (1-8) Walk Forward (R-L), Kick, Together, Knee Pop, Jazz Box 1/4 Turn Right, Forward

1 2 3&4 Step RF forward, Step LF forward, Kick RF forward and with together(3), Pop knees out to respective side (&), Bring knees back to center (4) – See Video for Style
5 - 8 Step R Cross over L, Step L back 1/4 Turn right, Step R side, Step L forward

HAVE FUN ~~~ (kiara26@hanmail.net)