

One Down

拍数: 32 墙数: 2 级数:
编舞者: Jim Ray (USA) - January 2021
音乐: Down to One - Luke Bryan



Hold: 16 After Music starts And Start

FORWARD ROCK STEP, SHUFFLE A 1/4 MOVING BACK TURNING TO THE LEFT, ROCK STEP BACK, SHUFFLE FORWARD

1,2 Step Left Foot Forward, Shift Wt. Back To Right Foot
3&4 Step Left Foot Back A 1/4 Left, Step Right Together, Step Left Together
5,6 Step Right Foot Back, Shift Wt. Forward To Your Left Foot
7&8 Shuffle Forward Right, Left, Right

ROCK A 1/4 RIGHT, SHUFFLE A 1/4 RIGHT, SHUFFLE BACK, SHUFFLE BACK

1,2 Step Left Foot To The Left, Step Right Foot A 1/4 To The Right
3&4 Step Left Foot A 1/4 Right, Step Right Foot Together, Step Left Together
5&6 Shuffle Back Right, Left, Right
7&8 Shuffle Back Left, Right, Left

RIGHT, ROCK STEP CROSS, LEFT, ROCK STEP CROSS, RIGHT, ROCK STEP CROSS, LEFT, ROCK STEP CROSS

1&2 Step Right To The Right, Shift Wt. Back To Left, Cross Right Over Left
3&4 Step Left To The Left, Shift Wt. Back To Right, Cross Left Over Right
5&6 Step Right To The Right, Shift Wt. Back To Left, Cross Right Over Left
7&8 Step Left To The Left, Shift Wt. Back To Right, Cross Left Over Right

ROCK STEP FORWARD, SHUFFLE A 1/2 RIGHT, STEP LEFT, PIVOT A 1/2 RIGHT, STEP LEFT FORWARD, STEP RIGHT A 1/4 RIGHT

1,2 Step Right Forward, Shift Wt. Back To Left
3&4 Turn A 1/2 Right Shuffling Right, Left, Right
5,6 Step Left Foot Forward, Pivot A 1/2 Turn Right
7,8 Step Left Foot Forward, Step A 1/4 Right

(START OVER)

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