

# 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 )

Dancinjim@aol.com - January 23 2021