

One Only

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Bambang Satiyawan (INA) & Yumiko Miko (INA) - January 2021
音乐: One Only - Pamungkas



Intro : Start Lyric

S1. Forward Sweep, Cross, Side, Back Sweep, Cross, 1/4 Turn L Forward, Full Turn R, Forward Hitch, Back RL

1 2& Step RF forward with sweep LF (1), Cross LF over RF (2), Step RF to R (&)
3 4& Step LF behind RF with sweep RF (3), Cross RF behind LF (4), 1/4 Turn L Step LF forward (&)
5 6& Step RF forward (5), 1/2 Turn R Step LF back (6), 1/2 Turn R Step RF forward (&)
7 8& Step LF forward with Hitch RF (7), Step RF back (8), Step LF back (&)

S2. Back Sweep, Weave, 1/4 Turn L Back, Pencil Turn R Sweep, Behind, Side

1 2& Step RF back with sweep LF (1), Cross LF behind RF (2), Step RF to R (&)
3 4& Cross LF over RF (3), 1/4 Turn L Step RF back (4), Step LF to L (&)
5 6& Step RF forward (5), Full turn R Step LF close together beside RF (6), Hold (&)
7 8& Sweep RF (7), Cross RF behind LF (8), Step LF to L (&)

S3. Cross, Recover, Side, Cross, Recover, Walk RLR, Forward Hitch, Back RL

1 2& Cross RF over LF (1), Recover weight on LF (2), Step RF to R (&)
3 4& Cross LF over RF (3), Recover weight on RF (4), Step LF to L (&)
5 6& Step RF forward (5), Step LF forward (6), Step RF forward (&)
7 8& Step LF forward with hitch RF, both arms lift over and hands up (7), Step RF back (8), Step LF back (&)

S4. Back Sweep, Behind, Side, 1/4 Turn R Forward, 1/2 Turn L Pivot, 1/4 Turn L Diamond Fallaway

1 2& Step RF back with sweep LF (1), Cross LF behind RF (2), 1/4 Turn R Step RF forward (&)
3 4& Step LF forward (3), Step RF forward (4), 1/2 Turn L weight on LF (&)
5 6& Step RF to R (5), 1/8 Turn L Step LF back (6), Step RF Back (&)
7 8& Step LF to L (7), Step RF forward (8), Step LF forward (&)

S5. Forward Sweep, Cross, Side, Back Sweep, 1/4 Turn R Coaster Step, Full Turn Right, Walk LRL, Recover

1 2& Step RF forward with sweep LF (1), Cross LF over RF (2), Step RF to R (&)
3 4& Step LF behind RF with sweep RF (3), 1/4 Turn R Step RF back (4), Step LF close beside RF (&)
5 6& Step RF forward (5), 1/2 Turn R Step LF back (6), 1/2 Turn R Step RF forward (&)
7&8& Step LF forward (7), Step RF forward (&), Step LF forward (8), Recover weight on RF (&)

S6. Back LR, Recover, 1/4 Turn L Side, Weave, Recover, 1/4 Turn L Forward, Walk RL

1 2& Step LF back (1), Step RF back (2), Recover weight on LF (&)
3 4& 1/4 Turn L Step RF Side (3), Cross LF behind RF (4), Step RF to R (&)
5 6& Cross LF over RF (5), Recover weight on RF (6), 1/4 Turn L Step LF forward (&)
7 8 Step RF forward (7), Step LF forward (8)

S7. Nightclub RL, 1/4 Turn L Back, 1/4 Turn L Side with Ronde, Side, Cross, Sway LRL

1 2& Step RF to R take a big step (1), Step LF behind RF (2), Cross RF over LF (&)
3 4& Step LF to L take a big step (3), Step RF behind LF (4), Cross LF over RF (&)
5 6& 1/4 Turn L Step RF back with Ronde LF (5), 1/4 Turn L Step LF Side (6), Cross RF over LF (&)
7 8& Step LF to L with Sway L (7), Sway R (8), Sway L (&)

S8. Cross, Recover, 1/4 Turn R Forward, Forward Sweep, Cross, Side, Back Hitch, Weave, Side

1 2& Cross RF over LF (1), Recover weight on LF (2), ¼ Turn R Step RF forward (&
3 4& Step LF forward with sweep RF (3), Cross RF over LF (4), Step LF to L (&
5 6& Step RF behind LF with Hitch LF (5), Cross LF behind RF (6), Step RF to R (&
7 8& Cross LF over RF (7), Step RF to R take a big step (8), Step LF close beside RF (&

Restart on Wall 2, After 32 Count , facing at 6.00

Ending dance on Wall 6, doing until 16 Count

Enjoy the dance

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