

One Day

拍数: 32 墙数: 4 级数: Beginner
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音乐: One Day - Josh Melton



START DANCING ON LYRICS

SEC 1: VAUDEVILLE x2 (LEFT AND RIGHT)

1-2 Cross right over left - step left side slightly back
3-4 Touch right heel diagonally forward right - step right beside left
5-6 Cross left over right - step right side slightly back
7-8 Touch left heel diagonally forward left - step left beside right

SEC 2: ROCKING CHAIR - STEP FWD - ½ TURN LEFT - JUMPING L ROCK STEP BACK

1-2 Rock right forward - recover to left
3-4 Rock right back - recover to left
5-6 Step right forward - ½ turn left (weight on right)
7-8 Jumping Rock Back On Left And Kick Right Forward - recover to right

SEC 3: WEAVE - POINT - KICK - HOOK - KICK - FLICK

1-2 Cross left over right - step right side
3-4 Cross left behind right - point right side
5-6 Kick right forward - hook right over left
7-8 Kick right forward - flick right back

SEC 4: STEP LOCK STEP - L SCUFF - L STEP PIVOT ¼ TURN RIGHT - L STEP CROSS - SCUFF

1-2 Step right forward - lock left behind right
3-4 Step right forward - scuff left beside right
5-6 Step left forward - ¼ turn right (weight on right)
7-8 Cross left over right - scuff right beside left

REPEAT

*1° RESTART at the Home wall After 8 counts (section 1) of the 5th repetition (12.00)

**2° RESTART at the Home wall After 24 counts (section 3) of the 10th repetition (12.00)

FINAL at the 4th wall At the 14th repetition, 24th count replace FLICK with STOMP R FWD (3.00)

Last Update - 12 March 2021