

One at a Time

拍数: 32 墙数: 4 级数: Improver
编舞者: Tomiati Walter (IT) - August 2021
音乐: One at a Time - Jackson Michelson



Note: Start dancing after 8 counts, No tags and no restarts

Section 1: Forward step X 2, Kick & forward step-lock-step, Forward step X 2, Kick & forward step-lock-step

1 Step right forward
2 Step left forward
&
3 Kick right forward
4 Step right forward
&
5 Lock left behind right
6 Step right forward
7 Step left forward
&
8 Kick left forward
9 Step left forward
10 Lock right behind left
11 Step left forward

Section 2: ¼ Turn side rock, Together & side chasse, Cross, ¼ Turn back step, ¼ Turn hitch & kick ball cross

1 Make ¼ turn left and step right to right side (facing 9:00)
2 Recover weight on left
&
3 Step right beside left
4 Step left to left side
&
5 Step right beside left
6 Step left to left side
7 Cross right over left
8 Make ¼ turn right and step left back (facing 12:00)
9 Make ¼ turn right and hitch right knee (facing 3:00)
10 Kick right diagonally right
11 Step right beside left
12 Cross left over right

Section 3: Side rock, Together & toe-heel-stomp, Step ½ turn, Recover & ½ turn heel swivels

1 Step right to right side
2 Recover weight on left
&
3 Step right beside left
4 Touch left toe beside right
&
5 Touch left heel forward
6 Stomp left forward
7 Step right forward
8 Make ½ turn left (facing 9:00)
9 Recover weight on right
10 Swivel heels to left
11 Swivel heels back into center
12 Swivel heels to left making ½ turn right (facing 3:00)

Section 4: Back step X 2, Out-out & in-in, ½ Turn heel grind, Drop toe & side-together-forward

1 Step right back
2 Step left back

- & Step right to right side
- 3 Step left to left side
- & Step right back into center
- 4 Step left beside right
- 5 Touch right heel forward and make $\frac{1}{2}$ turn right (facing 9:00)
- 6 Recover weight on left
- & Drop right toe
- 7 Step left to left side
- & Step right beside left
- 8 Step left forward

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Last Choreo. update: 9 August 2021
