

One For Me

拍数: 32 墙数: 4 级数: Improver
编舞者: Harry Heng (INA) - March 2022
音乐: Get Down (You're the One for Me) (LP Edit No Rap) - Backstreet Boys



NO TAG NO RESTART

I: CROSS ,SIDE , SAILOR STEP, CROSS , SIDE , ¼ TURN L SAILOR STEP

1 – 2 Cross R Over L (1), Step L To Side (2),
3 & 4 Step R Behind L (3), Step L To Side (&), Step R To Side (4)
5 - 6 Cross L Over R (5), Step R To Side (6)
7 & 8 Turn ¼ L Step L Behind R (7), Step R To Side (&), Step L To Side (8)

II: STEP FORWARD (R-L), CLOSE TOGETHER FORWARD (L-R), STEP BACK (L-R), RUN BACK L-R-L

1 – 2& Step R Forward (1), Step L Forward (2), Close R Beside L (&)
3 – 4 Step L Forward (3), Step R Forward (4)
5 - 6 Step L Back (5), Step R Back (6)
7 & 8 Run Back L (7), R (&), L (8)

III : CROSS, SIDE, CROSS SHUFFLE, TURN ½ L CROSS , SIDE, CROSS SHUFFLE

1 – 2 Cross R Over L (1), Step L To Side (2),
3 & 4 Cross R Over L (3), Step L To Side (&), Cross R Over L (4)
5 – 6 Turn ½ L Cross L Over R (5), Step R To Side (6)
7 & 8 Cross L Over R (7), Step R To Side (&), Cross L Over R (8)

IV: FORWARD, TURN ¼ R STEP TO SIDE, TURN ¼ R COASTER STEP, FORWARD (L-R) , ANCHOR STEP

1 - 2 Step R Forward (1), Turn 1/4 R Step L To Side (2),
3 & 4 Turn ¼ R Step R Back (3), Close L Beside R (&), Step R Forward (4)
5 - 6 Step L Forward (5), Step R Forward (6),
7 & 8 Step L Forward (7), Recover On R (&) Recover On L (8)
