

One Step Forward

拍数: 32 墙数: 4 级数: Improver
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音乐: One Step Forward - Desert Rose Band



Intro 34 counts

S1. CHASSE, BACK ROCK, CHASSE, BACK ROCK

1&2 Step RF to R, close LF next to RF, step RF to R
3,4 Rock LF back, recover on RF
5&6 Step LF to L, close RF next to LF, step LF to L
7,8 Rock RF back, recover on LF

S2. SHUFFLE ½ TURN L, SHUFFLE ¼ TURN L, JAZZ BOX CROSS

1&2 ¼ turn L step RF to R, ¼ turn L step LF beside RF, step RF back
3&4 ¼ turn L step LF to L, close RF next to LF, step LF to L
5,8 Cross RF over LF, step LF back
7,8 Step RF to R, cross LF over RF

S3. MONTEREY ½ TURN R, TWIST

1,2 Touch RF to R, ½ turn R step RF beside LF
3,4 Touch LF to L, close LF next to RF
5,6 Swivel both heel to R, swivel both Toe to R
7,8 Swivel both heel to R, swivel both Toe to center

S4. PIVOT ½ TURN L, KICK BALL CHANGE, STEP BACK DIAGONAL WITH TOUCH

1,2 Step RF forward, ½ turn L weight on LF
3&4 Kick RF forward, step RF beside LF, step LF in place
5,6 Step RF diagonal back, touch LF beside RF
7,8 Step LF diagonal back, touch RF beside LF

Tag 8 counts after Wall 10, repeat Section 4

Restart on Wall 4 after 16 counts

Have Fun....
