

One Hundred (revisited)

拍数: 64 墙数: 2 级数: Intermediate - Catalan style
编舞者: Laura Arrighi (IT) - 19 November 2022
音乐: Longneck Way To Go (feat. Jon Pardi) - Midland : (Album: Longneck way to go - 2022)



Sequence: W1 (64c - 12:00) / W2 (restart 32c - 6:00) / W3 (64c - 6:00) / W4 (64c - 12:00) / W5 (restart 32c - 6:00) / W6 (64c - 6:00) / W7 (64c - 12:00) / W8 (64 counts - 6:00)

NO INTRO - 2 restarts at 2° and 5° walls (after 32 counts)

Sec. 1: (2X) KICK RF, COASTER STEP RF, (2X) HEEL/TOE TOUCH (LF+RF/RF+LF)

- 1 RF Kick 12:00
- 2 RF Kick 12:00
- 3 RF Step backwards 12:00
- & LF Step together 12:00
- 4 RF Step forward 12:00
- 5 LF Heel touch forward 12:00
- 6 RF Toe touch backwards 12:00
- 7 RF Heel touch forward 12:00
- 8 LF Toe touch backwards 12:00

Sec. 2: 1/4 TURN L GRAPEVINE LF, SCUFF RF, VAUDEVILLE RF, FLICK RF (SLAP RH)

- 1 LF Side step 12:00
- 2 RF Cross step (behind LF) 12:00
- 3 RF 1/4 turn L 12:00 - LF Step forward 12:00
- 4 RF Scuff (beside LF) 9:00
- 5 RF Cross step (in front LF) 9:00
- 6 LF Side step 9:00
- 7 RF Heel touch forward (diagonally) 9:00
- 8 RF Flick 9:00 (slap RF with RH with energy)

Sec. 3: FORWARD ROCK STEP RF, 1/2 TURN R HEEL STRUT RF, 1/2 TURN R TOE STRUT LF, BACKWARDS ROCK STEP RF/FORWARD STOMP LF (on weight recover)

- 1 RF Step forward 9:00
- 2 LF Weight recover 9:00
- 3 LF 1/2 turn R 9:00 - RF Heel touch forward 9:00
- 4 RF Weight recover 3:00
- 5 RF 1/2 turn R 3:00 - LF Toe touch backwards 3:00
- 6 LF Weight recover 9:00
- 7 RF Step backwards 9:00
- 8 LF Weight recover 9:00 - Stomp forward 9:00

Sec. 4: SIDE STEP RF/SCUFF LF, 1/4 TURN L STEP FORWARD LF/STOMP UP RF, 1/2 TURN R MONTEREY TURN RF

- 1 RF Side step 9:00
- 2 LF Scuff (beside RF) 9:00
- 3 RF 1/4 turn L 9:00 - LF Step forward 9:00
- 4 RF Stomp up (beside LF) 6:00
- 5 RF Side touch 6:00
- 6 RF Step together 6:00
- 7 RF 1/2 turn R 6:00 - LF Side touch 6:00

8 LF Step together 12:00

Sec. 5: FORWARD LOCK STEP RF, HOOK LF, BACKWARDS LOCK STEP LF, FLICK RF (SLAP RH)

1 RF Step forward 12:00
2 LF Cross step (behind RF) 12:00
(1° pos locked)
3 RF Step forward 12:00
4 LF Hook (behind RF) 12:00
5 LF Step backwards 12:00
6 RF Cross step (in front LF) 12:00 (1° pos locked)
7 LF Step backwards 12:00
8 RF Flick 12:00 (slap RF with RH with energy)

Sec. 6: 1/2 STEP TURN L RF, 1/2 TURN L BACKWARDS SHUFFLE RF, COASTER STEP LF, STOMP UP/FORWARD STOMP RF

1 RF Step forward 12:00
2 RF 1/2 turn L 12:00 - LF Step forward 12:00
3 LF 1/2 turn L 6:00 - RF Step backwards 6:00
& LF Step together 12:00
4 RF Step backwards 12:00
5 LF Step backwards 12:00
& RF Step together 12:00
6 LF Step forward 12:00
7 RF Stomp up 12:00
8 RF Stomp forward 12:00

Sec. 7: FORWARD ROCK STEP LF, 1/2 TURN L RF, STEP FORWARD LF, STOMP UP RF (beside LF), KICK/STEP BACKWARDS RF, KICK/STOMP LF (beside RF)

1 LF Step forward 12:00
2 RF Weight recover 12:00
3 RF 1/2 turn L 12:00 - LF Step forward 12:00
4 RF Stomp up (beside LF) 6:00
5 RF Kick 6:00
6 RF Step backwards 6:00
7 LF Kick 6:00
8 LF Stomp (beside RF) 6:00 (toe LF towards RF)

Sec. 8: TOE/HEEL/TOE FAN LF, SCUFF RF, JAZZ BOX RF (with FORWARD STOMP LF)

1 LF Toe fan 6:00
2 LF Heel fan 6:00
3 LF Toe fan 6:00
4 RF Scuff (beside LF) 6:00
5 RF Cross step (in front LF) 6:00 (2° pos locked)
6 LF Step backwards 6:00 (4° pos)
7 RF Side step 6:00 (2° pos)
8 LF Stomp forward 6:00 (4° pos)
