

The One

拍数: 32 墙数: 4 级数: Improver
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音乐: The Good Ones - Gabby Barrett



Intro: 32 Counts

Tag + Restart: Wall 2 (9 oclock) Wall 4 (6 oclock)

Restart: Wall 6 after 8 counts

SECTION 1: RIGHT MAMBO, LEFT MAMBO, FORWARD MAMBO, COASTER STEP

1&2 Rock side right, recover weight on the left, right step next left
3&4 Rock side left, recover weight on the right, left step next right
5&6 Rock forward right, recover weight on the left, step next left
7&8 Step back on left. Right step beside left, Left step forward

ICI RESTART: WALL 6

SECTION 2: RIGHT STEP LOCK FORWARD, LEFT STEP LOCK FORWARD, STEP ½ TURN, TRIPLE ½ TURN

1&2 Right step forward, lock left behind right, Right step forward
3&4 Left step forward, lock right behind left, Left step forward
5-6 Right step forward, ½ Turn on the left, Replace weight on the left
7&8 ½ Turn on the left with a Triple Turn

ICI TAG+RESTART: MURS: 2 and 4 Change on the section2 : 7&8 to Kick Ball Change RF+Restart

SECTION 3: LEFT SWEEP, RIGHT SWEEP, LEFT SWEEP, BEHIND SIDE CROSS, ¼ TURN, TRIPLE STEP, STEP ½ TURN STEP

1-2 Sweeping Left from front to back, Step Left back, Sweeping Right from front to back, Step right back
3&4 Sweeping Left from front to back, Step Left back, Step side right, Cross Left behind right
5&6 ¼ Turn right, right triple step
7&8 Left step forward, ½ Turn on the right, Left step forward

SECTION 4: RIGHT AND LEFT VAUDEVILLE, CROSS SHUFFLE, SIDE ROCK ½ TURN STEP

1&2& Cross right over left, step diagonally back left, touch right heel diagonally right, step right beside left
3&4& Cross left over right, step diagonally back right, touch left heel diagonally left, step left beside right
5&6 Cross step R over L, step L to L side, Cross step R over L
7&8 Rock side left, recover weight on the right, ½ Turn on the left and left step side.