

One On One

拍数: 96 墙数: 2 级数: High Intermediate
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音乐: One On One - The Knocks & Sofi Tukker



Intro: 32 counts

S1: DIAGONAL PRESS. RIGHT COASTER CROSS. SKATE X2. 1/2 TURN LEFT. HITCH.

1-2 Press ball of Right foot forward to right diagonal. Recover on Left.
3&4 Step Right Back. Close Left beside Right. Cross Right over Left.
5-6 Skate forward on Left. Skate forward on Right.
7&8 Turn 1/4 Left stepping Left forward (9:00). Turn 1/4 Left hitching Right knee up (6:00).

S2: SIDE-DRAG. BALL-CROSS. SIDE. RIGHT SAILOR STEP. BEHIND. UNWIND 3/4 LEFT.

1-2& Step Big step to Right side. Drag Left towards Right. Step down on ball of Left.
3-4 Cross Right over Left. Step Left to Left side.
5&6 Cross Right behind Left. Step Left to Left side. Step Right to Right Side.
7-8 Cross Left behind Right. Unwind 3/4 Left (weight on Left) (9:00).

S3: SIDE. HOLD. BALL-SIDE. TOUCH. 1/4 TURN. HOLD. BALL-SIDE. BRUSH/HITCH.

1-2 Step Right to Right side. Hold.
&3-4 Step Left beside Right. Step Right to Right side. Touch Left next to Right.
5-6 Turn 1/4 Left stepping Left to Left side. Hold. (6:00)
&7-8 Step Right beside Left. Step Left to Left side. Brush Right beside Left slightly hitching Right knee.

S4: SIDE. CROSS. RIGHT SIDE ROCK. JAZZ BOX 1/2 TURN RIGHT.

1-4 Step Right to Right side. Cross Left over Right. Rock Right out to Right side. Recover on Left.
5-6 Cross Right over Left. Turn 1/4 Right stepping Left back (9:00)
7-8 Turn 1/4 Right stepping forward on Right. Step forward on Left (12:00)

* Restart Here on Wall 2 (6:00) & Wall 4 (12:00)

S5: BRUSH. HITCH. BACK STEP. DIP DOWN X2. 1/2 TURN LEFT. SIDE STEP.

1-2 Brush Right foot beside Left whilst hitching knee. Step back on Right.
3-4 Dip down by bending the knees. Recover to neutral by straightening the knees.
5-6 Dip down by bending the knees. Recover to neutral by straightening the knees. (weight Left)
7-8 Turn 1/2 Left stepping Right back (6:00). Step Left to Left side (6:00).

S6: CROSS ROCK. CHASSE 1/4 RIGHT. STEP. PIVOT 1/2 RIGHT. BALL-STEP. FORWARD STEP.

1-2 Cross Rock Right over Left. Recover on Left.
3&4 Step Right to Right side. Close Left next to Right. Turn 1/4 Right stepping Right forward (9:00)
5-6 Step forward on Left. Pivot 1/2 Turn Right (3:00)
&7-8 Step Ball of Left beside Right. Step forward on Right. Step forward on Left.

S7: BRUSH HITCH. BACK STEP. DIP DOWN X2, FULL TURN LEFT.

1-2 Brush Right foot beside Left whilst hitching knee. Step back on Right.
3-4 Dip down by bending the knees. Recover to neutral by straightening the knees.
5-6 Dip down by bending the knees. Recover to neutral by straightening the knees. (weight Left)
7-8 Turn 1/2 Left stepping back on Right. Turn 1/2 left stepping forward on Left (3:00)

S8: FORWARD ROCK. SYNCOPATED JUMP BACK. TOUCH/KNEE TURN. 1 1/8 ROLLING VINE

1-2 Rock forward on Right, Recover on Left.

- &3-4 Step back and out on Right. Step Left out to Left side. Touch Right in place turning knee in towards Left.
- 5-6 Turn 1/4 Right stepping forward on Right (6.00). Turn 1/2 Right stepping back on Left (12.00).
- 7-8 Turn 1/4 Right stepping Right to Right side (3.00). Turn 1/8 Right Stepping Left into Right diagonal (4:30)

S9: STEP. SWEEP. CROSS. 1/4 TURN LEFT. BACK-SWEEP. 1/4 TURN LEFT.

- 1-2 Step forward on Right. Sweep Left from back to front (4.30)
- 3-4 Cross Left over Right. Turn 1/4 Left stepping back on Right (1:30)
- 5-6 Step back on Left. Sweep Right from front to back.
- 7-8 Cross Right behind Left. Turn 1/4 Left stepping forward on Left (10:30).

S10: RIGHT SKATE. TOUCH. LEFT SKATE. TOUCH. WALK BACK R, L, R, BACK TOGETHER.

- 1-4 Skate forward on Right. Touch Left next to Right. Skate forward on Left. Touch Right next to Left (10.30).
- 5,6,7 Walk back on Right. Walk back on Left. Walk back on Right.
- 8& Step back on Left. Close Right next to Left (10.30).

S11: STEP. SWEEP. CROSS. 1/4 TURN RIGHT. BACK-SWEEP. 1/4 TURN RIGHT.

- 1-2 Step forward on Left. Sweep Right from back to front.
- 3-4 Cross Right over Right. Turn 1/4 Right stepping back on Left (1:30).
- 5-6 Step back on Right. Sweep Left from front to back.
- 7-8 Cross Left behind Right. Turn 1/4 Right stepping forward on Right (4:30).

S12: LEFT SKATE. TOUCH. RIGHT SKATE. TOUCH. WALK BACK R, L, R. BACK TOGETHER.

- 1-4 Skate forward on Left. Touch Right next to Left. Skate forward on Right. Touch Left next to Right (4.30)
- 5,6,7 Walk back on Left. Walk back on Right. Walk back on Left.
- 8&-1 Step Right back. Close Left beside Right (Squaring up to 6:00). (Press Right into Right diagonal).

Start Again!

***Restarts: On Walls 2 & 4 dance 32 Counts and restart from the beginning.**
