

There's No One Man Show

拍数: 32 墙数: 4 级数: Improver
编舞者: Magali CHABRET (FR) - June 2024
音乐: ONE - Christopher



15 seconds intro

S1 – SIDE R, DRAG, BALL CROSS, SCISSOR CROSS, R KICK BALL CROSS

1-2 Large step Rf to R side – drag Lf towards Rf
&3 Step ball of Lf beside Rf – cross Rf over Lf
4-5-6 Step Lf to L side – close Rf next to Lf – cross Lf over Rf
7&8 Kick Rf diagonally forward R – step ball of Rf beside Lf – cross Lf over Rf

S2 – R SIDE ROCK, SAILOR ¼ TURN R, PIVOT ½ TURN R, L TRIPLE FWD

1-2 Rock Rf to R side – recover onto Lf
3&4 Cross ball of Rf behind Lf – turn 1/4 R stepping Lf beside Rf – step Rf forward (3:00)
5-6 Step Lf forward – pivot 1/2 turn R, taking weight on Rf (9:00)
7&8 Step Lf forward – step Rf beside Lf – step Lf forward

S3 –R FWD ROCK, SWITCH, L FWD ROCK, STEP BACK, HEEL DRAG, BALL STEP, SWEEP

1-2 Rock Rf forward – recover onto Lf
&3-4 Step ball of Rf next to Lf – rock Lf forward – recover onto Rf
5-6 Large step Lf back – drag R heel towards Lf
&7-8 Step ball of Rf next to Lf – step Lf forward – sweep Rf from back to front

S4 – SYNCOPATED JAZZ BOX, HALF MONTEREY ¼ TURN R, STEP, PIVOT ¾ TURN L

1-2&3 Cross Rf over Lf – step Lf back – step Rf to R side – cross Lf over Rf
4-5-6 Point Rf to R side – turn 1/4 R stepping Rf next to Lf – step Lf forward (12:00)
7-8 Step Rf forward – pivot 1/2 turn L, taking weight on Lf (6:00)
& Make an extra 1/4 turn L to start the dance facing 3:00

Tag 1 : after wall 4, facing 12:00 :

1-2 Large step Rf to R side – drag Lf towards Rf
&3 Step ball of Lf beside Rf – cross Rf over Lf
4-5 Step Lf to L side – close Rf next to Lf
6-7-8 Step Lf forward, make a circle above your head with right hand (palm facing downn), bring right arm down in front of your waist, and put your right hand to the left side of your waist leaning your body slightly forward (12:00)

Tag 2 : after wall 8, facing 12:00 :

1-2 Large step Rf to R side – drag Lf towards Rf
&3 Step ball of Lf beside Rf – cross Rf over Lf
4-5 Turn 1/4 R stepping Lf back – turn 1/4 R stepping Rf next to Lf (6:00)
6-7-8 Step Lf forward, make a circle above your head with right hand (palm facing downn), bring right arm down in front of your waist, and put your right hand to the left side of your waist leaning your body slightly forward (6:00)

« Croquez la vie à pleines danses ! » Magali Chabret - galicountry76@yahoo.fr

Fiche originale de la chorégraphie. Merci de ne pas modifier ces pas de quelque manière que ce soit.