

One DRKE Dance

拍数: 32 墙数: 4 级数: Beginner
编舞者: Rissa Miura (INA), Rina Orin (INA) & Yanti CRB - July 2024
音乐: One Dance (feat. Wizkid & Kyla) - Drake



Intro: 16 count..

Restart on Wall 3 after 16 count

S1. FORWARD LOCK SHUFFLE - FORWARD ROCK - BACK WITH SWEEP - BACK WITH KNEE POPS

1&2 Step R forward, step L lock behind R, step R forward
3&4 Step L forward, recover on R, step L back with sweeping R from front to back
5-6 Step R back with popping L knee - recover on L with popping R knee
7&8 Step R in place with popping L knee, recover on L with popping R knee , step R in place with popping L knee

S2. SIDE TOUCH SWITCHES LR - SAILOR ¼ TURN - FORWARD - CLOSE TOGETHER - FORWARD

1&2 Touch L to left side, close L beside R, touch R to right side
3&4 Step R behind L, ¼ turn right step L to left side (3.00), step R forward
5-6 Press L forward open body to right, close L beside R
7-8 Press R forward open body to left, close R beside L

*Restart here on Wall 3

S3. SIDE TOGETHER SIDE CLOSE (RL) - SHOULDER MOVE - ½ UNWIND

1&2& Step R to right side popping knees out, close L beside R, step R to right side popping knees out, close L beside R
3&4 Step L to left side popping knees out, close R beside L, step L to left side popping knees out
5&6 Raise R shoulder up, L shoulder up, R shoulder up (weight on R)
7-8 Step L behind R, ½ turn right weight on L (9.00)

S4. FORWARD MAMBO - BACK MAMBO - SIDE CLOSE - SIDE - CLOSE

1&2 Step R forward, recover on L, step R beside L
3&4 Step L back, recover on R, step L beside R
5-6 Step R to right side - Step R beside L
7-8 Step L to left side - Step L beside R

Enjoy the dance and be happy!

Last Update: 19 Jul 2024