

One Rhythm

拍数: 32 墙数: 4 级数: High Improver
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音乐: Now and Forever - Richard Marx



Start on vocals - Intro: 18 counts - No tag or restart

SEC.I - STEP FWD, SWEEP 1/4 TURN LEFT, CROSS SHUFFLE, FRESS LEFT DIAG. RECOVER, SAILOR 1/2 TURN LEFT

- 1- Step LF fwd
- 2- While sweeping RF from back to front with 1/4 turn Left
- 3- Cross RF over LF
- &- Step LF to Left side
- 4- Cross RF over LF
- 5- Fress LF fwd Left diagonal
- 6- Recover on RF while sweeping LF from front to back
- 7- Cross LF behind RF with 1/2 turn Left (still diagonal)
- &- Step RF to Right side
- 8- Step LF fwd (still diagonal)

SEC.II - STEP FWD, TURNING 1/2 TURN LEFT, BACK LOCKSTEP, BACK ROCK, 3/8 TURN LEFT, (MOVING FWD)

- 1- Step RF fwd (still diagonal)
- 2- Turning 1/2 turn Left (weight on RF)
- 3- Step LF back
- &- Cross RF over LF
- 4- Step LF back
- 5- Step RF back
- 6- Recover on LF
- 7- Turn 1/4 Left stepping RF back
- &- Make a 1/2 turn Left stepping LF fwd
- 8- Step RF fwd

SEC.III - STEP FWD, SWEEP 1/2 TURN LEFT WITH POINT, FWD LOCK SHUFFLE, ROCK STEP, SAILOR 1/4 TURN LEFT

- 1- Step LF fwd while sweeping RF from back to front with 1/2 turn Left
- 2- Point RF toe to Right side
- 3- Step RF fwd
- &- Lock LF behind RF
- 4- Step RF fwd
- 5- Step LF fwd
- 6- Recover on RF
- 7- Turn 1/4 Left cross LF behind RF with sweep from front to back
- &- Step RF to Right side
- 8- Step LF to Left side (weight on LF)

SEC.IV - CROSS, 3/4 TURN RIGHT, PIVOT 1/2 TURN RIGHT, FWD LOCK SHUFFLE, FULL TURN LEFT (MOVING FWD)

- 1- Cross RF over LF
- &- Turn 1/4 Right stepping LF back
- 2- Make a 1/2 turn Right stepping RF fwd
- 3- Step LF fwd

- 4- Pivot 1/2 turn Right
- 5- Step LF fwd
- &- Lock RF behind LF
- 6- Step LF fwd
- 7- Make a 1/2 turn Left stepping RF back
- &- Make a 1/2 turn Left stepping LF fwd
- 8- Step RF fwd

End of pattern & start over again

Enjoy & have fun!

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