Half of the Ark



拍数: 64 墙数: 4 级数: Improver

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音乐: One By One - Cher



Intro: 64 Counts. Start at approx 41 secs.

SEC 1 WALK, WALK, WALK, KICK, BACK, BACK, SHUFFLE BACK
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1-2	Walk forward Right,	Left

Walk forward Right, Kick Left out 3-4

5-6 Walk Back Left, Right

7&8 Shuffle back Left-Right-Left

SEC 2 SIDE ROCK, RECOVER, CROSS SHUFFLE, STEP, 1/4 TURN, STEP, SWIVEL, SWIVEL

1-2 Rock Right to Right side, Recover onto Left

3&4 Cross shuffle Right over Left

5-6 Left foot forward, ¼ Turn Right (Weight on L) (3:00)

7&8 Step Right foot forward, Swivel Heels to Right, Return Heels (Weight on L

SEC 3 SIDE, TOUCH, CHASSE, CROSS, SIDE, ROCK, RECOVER

1-2 Step Right to Right side, Touch Left next to Right 3&4 Left to Left side, Right next to Left, Left to Left side

5-6 Cross Right over Left, Left to Left side

7-8 Rock Right behind Left, Recover onto Left

SEC 4 SIDE, BEHIND, 1/4 TURN, STEP, 1/2 TURN, SHUFFLE, SCUFF

1-2 Right to Right side, Left behind Right

3-4 Step Right foot forward with 1/4 turn Right, (6:00)

4-5 Left foot forward, ½ turn Right (12:00)

Shuffle forward Left-Right-Left 6&7

Scuff Right foot forward 8

Restart Here on Wall 3

SEC 5 SIDE, SWIVEL, TWIST X3, KICK BALL TOUCH, KICK BALL TOUCH

Right to Right side, Swivel Heels to Right

3&4 Twist to Right, Heels going Left-Right-Left (Weight on R 5&6 Kick Left out, Left next to Right, Touch Right to Right side

7&8 Kick Right out, Right next to Left, Touch Left to Left side (Weight on R

SEC 6 BACK ROCK, RECOVER, SIDE ROCK, RECOVER, CROSS ROCK, RECOVER, SIDE, BEHIND &

1-2 Rock Left behind Right, Recover onto Right 3-4 Rock Left to Left side, Recover onto Right Cross Rock Left over Right, Recover onto Right 5-6 7-8& Left to Left side, Right behind Left, Left to Left side

SEC 7 CROSS ROCK, RECOVER, SIDE ROCK, RECOVER, BACK ROCK, RECOVER 1/4 TURN, WALK X2

Cross Rock Right over Left, Recover onto Right 1-2 3-4 Rock Right to Right side, Recover onto Left

5-6 Rock Right behind Left, Recover onto Right with 1/4 turn Right (3:00)

7-8 Walk forward Right, Left

SEC 8 STEP, ½ TURN, SHUFFLE ½ TURN, SLOW COASTER, CLAP X2

1-2 Step Right foot forward, ½ turn Left (9:00) 3-4
½ turn Left shuffling Right-Left-Right (3:00)
5-6
Left foot back, Right foot back
7&8
Left foot forward, Clap, Clap (Weight on L