

Number One

拍数: 42 墙数: 1 级数: Improver
编舞者: Mel Llewellyn (UK) & Avril Llewellyn
音乐: 10 Disc 1 - S Club 7



STEP, STEP, STEP, STEP, SHUFFLE, SHUFFLE

1-2 Kick right forward, step back on right kicking left forward
3-4& Step back on left kicking right forward, step back on right, kicking left forward, replace left
5&6 Shuffle forward right right/left/right
7&8 Shuffle forward left left/right/left

STEP, PIVOT, STEP, PIVOT, TOUCH, TOUCH, CROSS, UNWIND

9-10 Step forward on right, pivot $\frac{1}{2}$ turn
11-12 Step forward on right, pivot $\frac{1}{2}$ turn
13&14 Touch right to right side, replace right next to left, touch left to left side
15-16 Cross left over right, unwind over right shoulder $\frac{1}{2}$

TOUCH, TOUCH, CROSS, UNWIND, STEP, STEP

17&18 Touch right to right side, replace right next to left, touch left to left side
19-20 Cross left over right, unwind over right shoulder $\frac{1}{2}$
21-22 Step back right toe, heel
23-24 Step back left toe, heel

STEP, STEP, STEP, PIVOT, STEP, PIVOT, ROCK, STEP

25-26 Step back right toe, heel
27-28 Step back left toe, heel
29& Step forward right, pivot $\frac{1}{4}$ left
30& Step forward right, pivot $\frac{1}{4}$ left
31-32 Rock forward right, step back left

TURN, ROCK, ROCK, COASTER, STEP

33&34 Turn $\frac{1}{2}$ right/left/right to right
35-36 Rock forward left, rock back right
37&38 Step back left, step right next to left, step left forward
39-40 Step forward right toe, heel

STEP

41-42 Step forward left toe, heel

REPEAT
