

Number 1

拍数: 64 墙数: 1 级数: Intermediate
编舞者: William Sevone (UK)
音乐: Number 1 - Goldfrapp



3X DIAGONAL SHUFFLE, SIDE STEP, ½ RIGHT (6:00)

1&2 Turn body & step right diagonally forward right, step onto left, step onto right
3&4 Turn body & step left diagonally forward left, step onto right, step onto left
5&6 Turn body & step right diagonally forward right, step onto left, step onto right
7-8 Step left to left side, turn ½ right & step right next to left

3X DIAGONAL SHUFFLE, SIDE STEP, ½ LEFT (12:00)

9&10 Turn body & step left diagonally forward left, step onto right, step onto left
11&12 Turn body & step right diagonally forward right, step onto left, step onto right
13&14 Turn body & step left diagonally forward left, step onto right, step onto left
15-16 Step right to right side, turn ½ left & step left next to right

All above shuffles: forward movement on first count only

3X DIAGONAL STEP N' BUMP-HIP BUMP, SIDE STEP, ½ RIGHT (6:00)

17-18 Turn body & step right diagonally forward right - bumping hips right, bump hips right
19-20 Turn body & step left diagonally forward left - bumping hips left, bump hips left
21-22 Turn body & step right diagonally forward right - bumping hips right, bump hips right
23-24 Step left to left side, turn ½ right & step right next to left

3X DIAGONAL STEP N' BUMP-HIP BUMP, SIDE STEP, ¼ LEFT (3:00)

25-26 Turn body & step left diagonally forward left - bumping hips left, bump hips left
27-28 Turn body & step right diagonally forward right - bumping hips right, bump hips right
29-30 Turn body & step left diagonally forward left - bumping hips left, bump hips left
31-32 Step right to right side, turn ¼ left & step left next to right

CROSS SHUFFLE LEFT, CHASSE LEFT, ¼ LEFT FORWARD SHUFFLE, ROCK FORWARD, ROCK (12:00)

33&34 Cross shuffle left - stepping right, left-right
35&36 Chasse left - stepping left, right-left
37&38 Turn ¼ left & shuffle forward - stepping right, left-right
39-40 Rock forward onto left, rock onto right

½ LEFT FORWARD SHUFFLE, STEP, ¾ LEFT SIDE STEP, CROSS SHUFFLE LEFT, CHASSE LEFT (9:00)

41&42 Turn ½ left & shuffle forward - stepping left, right-left
43-44 Step forward onto right, turn ¾ left & step left to left side
45&46 Cross shuffle left - stepping right, left-right
47&48 Chasse left - stepping left, right-left

½ RIGHT SIDE STEP, CROSS ROCK, ROCK, ¼ LEFT FORWARD, CROSS-BACK STEP, CHASSE RIGHT (12:00)

49-50 Turn ½ right & step right to right side, cross rock left over right
51-52 Rock onto right, turn ¼ left & step forward onto left
53-54 Cross step right over left, step backward onto left
55&56 Chasse right - stepping right, left-right

CROSS ROCK, ROCK, CHASSE LEFT, CROSS ROCK, ROCK, WALK FORWARD: RIGHT-LEFT (12:00)

57-58 Cross rock left over right, rock onto right
59&60 Chasse left - stepping left, right-left
61-62 Cross rock right over left, rock onto left
63-64 Walk forward: right, left

REPEAT
