

One

拍数: 32 墙数: 4 级数: Improver
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音乐: One - Bee Gees



TRIPLE STEP, ROCK STEP, TURN ¼, SAILOR STEP, SAILOR STEP

1&2 Step left to side, touch right together, step left to side
3-4 Cross/rock right over left, recover on left
5&6 Sweep right from front to back and cross right behind left, turn ¼ right and step left to side, step right to side
7&8 Cross left behind right, step right to side, step left to side

WIZARD STEP RIGHT, WIZARD LEFT, TURN ½, STEP, STEP, HOLD

1-2& Step right forward, lock left behind right, step right forward
3-4& Step left forward, lock right behind left, step left forward
5-6 Step right forward, turn ½ left (weight to left)
&7-8 Step right to side, step left to side, clap

SHAKE, SHAKE, ROCK, RECOVER, SAILOR WITH TURN ¼ RIGHT

1&2 Step right to side and bump hips right, left, right
3&4 Step left to side and bump hips left, right, left
5-6 Rock right to side, recover to left
7&8 Sweep right from side to back and cross right behind left, turn ¼ right and step left to side, step right to side

STEP, TOUCH, STEP, TOUCH, JAZZ BOX TURN ¼ LEFT

1-2 Step left forward, touch right to side
3-4 Step right forward, touch left to side
5-6 Cross left over right, step right back
7-8 Turn ¼ left and step left together, cross right over left

Variation:

7-8 Turn ¼ left and step left together, step right together

REPEAT
