

One And Only One

拍数: 56 墙数: 4 级数: Intermediate
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音乐: One and Only One - Paul Brandt



TOUCH, PAUSE, TOUCH, PAUSE. PENDULUM SWING, STEP

1-2 Touch left out to side, pause
3-4 Touch left back to place, pause
5&6 Touch left out to side, back to place while touching right out to side
&7-8 Right back to place while touching left out to side, step left next to right

TOUCH, PAUSE, TOUCH, PAUSE. PENDULUM SWING, STEP

9-10 Touch right out to side, pause
11-12 Touch right back to place, pause
13&14 Touch right out to side, back to place while touching left out to side
&15-16 Left back to place while touching right out to side, touch right next to left

TOUCH, PAUSE, SWITCH STEP, PAUSE. SWITCH STEP X 3, PAUSE

17-18 Touch right heel forward, pause
&19-20 Right back to place while touching left heel forward, pause
&21 Left back to place while touching right heel forward
&22 Right back to place while touching left heel forward
&23-24 Left back to place while touching right heel forward, pause

HIP BUMPS X 4. SHUFFLE, SCUFF, STEP WITH ½ TURN AND HITCH

25-26 Bump hips forward, (twice)
27-28 Bump hips back, (twice)
29&30 Step right forward, bring left up to right, step right forward
31-32 Scuff left, step right forward making half a turn right on ball of right foot and hitch left

ROCK BACK, FORWARD, SHUFFLE. STEP, PIVOT ½ TURN, STEP PIVOT ½ TURN

33-34 Rock back on left, rock forward on right
35-36 Step left forward, bring right up to left, step left forward
37-38 Step right forward, pivot half turn over left shoulder
39-40 Step right forward, pivot half turn over left shoulder

STEP, KICK, STEP, STEP. SWIVEL TOES & HEELS TWICE

41-42 Step right forward, kick left
43-44 Step left back, step right next to left
45-46 Swivel right toes to right and left heel to left, back to place
47-48 Swivel left toes to left and right heel to right, back to place

STEP, LOCK, STEP, STEP. JAZZ BOX WITH ¼ TURN

49-50 Step right forward, lock left behind right
51-52 Step right forward, step left next to right
53-54 Step right over left, step back on left
55-56 Step right making quarter turn over right shoulder, touch left next to right

REPEAT