

1 By 1

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Lynne Martino (USA)
音乐: One By One (Dance Remix) - Cher



ROCK RIGHT FORWARD, RECOVER LEFT, RIGHT BALL STEP, LEFT CROSS HOLD, QUICK RIGHT STEP, STEP LEFT, RIGHT CROSS, STEP BACK LEFT, STEP RIGHT

1-2 Rock right forward, recover on left
&3-4 Step on ball of right & cross left over right & hold
&5-6 Step on right, step left next to right, cross right over left
7-8 Step back on left, step right next to left

QUICK STEP LEFT FORWARD, SHUFFLE FORWARD RIGHT, LEFT, RIGHT, FORWARD LEFT, ¼ TURN RIGHT, STEP ON RIGHT, LEFT CROSS, HOLD, BALL CROSS, STEP ON RIGHT

&1&2 Step on left, shuffle forward right, left, right
3-4 Step forward on left, turn ¼ right and step on right
5-6 Cross left over right, hold count 6
&7-8 Step on ball of right and cross left over right, step on right

¼ TURN LEFT RONDE, LEFT COASTER STEP, TOUCH RIGHT, STEP RIGHT, TOUCH LEFT HEEL, STEP LEFT, WALK RIGHT, LEFT

1-2 Making a ¼ turn left, swing left around (you will be facing 12:00 wall when completing ronde)
3&4 Step on left, step right next to left, step forward on left
5&6& Touch right toe next to left, step on right, touch left heel forward, step on left
7-8 Walk forward right, left

½ PIVOT TURN RIGHT WEIGHT FORWARD ON RIGHT, ½ PIVOT TURN RIGHT STEPPING BACK ON LEFT, ROCK RIGHT BACK, LEFT FORWARD, KICK RIGHT FORWARD, STEP ON RIGHT MAKING A ¼ TURN RIGHT

1-2- Make a ½ turn right putting weight forward on right and hold
3-4 Make another ½ turn right stepping back on left and hold
5-6 Rock back on right, step forward on left
7&8 Kick right forward, step back on right and make a ¼ turn right putting weight on ball of right foot and heel of left

REPEAT
