

One By Two

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Mark Hood (UK) & Douglas Semple (UK)
音乐: One - Faith Hill



ROCK RECOVER SIDE, ROCK RECOVER FORWARD, STEP, STEP PIVOT, STEP TOGETHER SWIVEL

1&2 Rock right back into 5th, recover on left, step right to the right
3&4 Rock left back into 5th, recover on right, step left forward
5&6 Step right forward, step left forward, pivot ½ turn right
7&8& Step left beside right, swivel to the left, then to the right, return to center

STEP TAP ¼, STEP BESIDE RIGHT PENCIL TURN ¾ STEP RIGHT TO THE RIGHT, ROCK RECOVER SIDE ROCK RECOVER ½

9&10 Step left to the left, tap right beside left, step right to the right with ¼ turn right
11&12 Step left beside right, turn a ¾ pencil turn, step right to the right
13&14 Rock left over right, recover on right, step left to left
15&16 Rock right forward, recover on left making ½, step right forward

¼ POINT, SAILOR CROSS, STEP LOCK STEP, FULL TURN STEP PIVOT ½

17 ¼ turn right and point left
18&19 Step left behind right, step right to the right, step left over right
20&21 Step right forward, lock left behind right, step right forward
&22 Step left forward, turn a full turn right (weight on right)
&23-24 Step left forward, pivot ½ turn right, rock left forward

RECOVER SIDE ROCK RECOVER, SAILOR STEP, ROCK RECOVER ¾ POINT & POINT SNAKE ROLL ¼

&25&26 Recover on right, rock left to the left, recover on right
27&28 Step left behind right, step right to the right, step left forward
29&30 Rock right forward, recover on left into ¾ turn right bringing right next to left, point left to left
&31 Step left beside right, point right to the right
&32 Snake roll to the right, then to the left with ¼ turn right lower body

Option: bump hips right, then left, with ¼ right

BODY ROLL UP STEP PIVOT STEP SIDE RECOVER CROSS TWICE

33-34 Body roll up putting weight onto right, step left forward, pivot ½ turn right
35-36&37 Step left forward, rock right to the right, recover on the left, step right over left
38&39-40 Rock left to the left, recover on right, step left forward, rock right forward

RECOVER 2 RUN STEP BACK 1 ½ ROLL ROCK RECOVER TOGETHER SIDE TAP TWICE STEP

41&42 Recover on left, step right back, step left back
43&44 ½ stepping right forward, ½ stepping left back, ½ stepping right forward
45&46 Rock left to the left, recover on right, step left beside right
&47&48 Step right to the right, tap left behind right twice, step left to the left

On wall 8 dance till &47 step right to the right raise both hands up your done

REPEAT