

One Dance

拍数: 32 墙数: 4 级数: Improver
编舞者: Sandy Kerrigan (AUS)
音乐: One Dance With You - LMS



BACK MAMBO ¼ LEFT, BACK MAMBO ½ RIGHT, ROCK BACK, REP, FORWARD, FORWARD RUN WITH ½ TURN LEFT

1&2-3 Rock back right, replace weight to left, turn ¼ left and step together right, rock back left (9:00)
&4-5&6 Replace weight to right, turn ½ right and step back left, rock back right, replace left, step forward right (3:00)
7&8 Step forward left, turn ½ left and step back right, step back left (9:00)
7&8 forward tippee toe run through

BACK MAMBO, FORWARD RUN WITH ½ TURN LEFT, BACK ROCK, ¼ LEFT SIDE, BEHIND SIDE CROSS

1&2-3&4 Rock back right, replace weight left, step forward right, step forward left, turn ½ left and step back right, step back left (3:00)
3&4 forward tippee toe run through
5&6 Rock back right, replace weight left, turn ½ left and step right to right side (12:00)
7&8 Cross left behind right, step right to right, cross left over right (12:00)

½ RIGHT BOX, SIDE, CROSS, FORWARD LEFT 45, FORWARD ¾ RIGHT SAMBA TURN, FORWARD LOCK SHUFFLE

1&2 Step right to right, step left together, step back right
3&4 Step left to left side, cross right over left slightly forward to face left diagonal, step forward left to left diagonal
5&6 Step forward right, touch ball of left forward, turn ¼ right and replace weight to right
7&8 Step forward left, lock right behind left, step forward left (3:00)

RIGHT HEEL, RECOVER, STEP BACK RIGHT, BACK, ½ RIGHT FORWARD, STEP FORWARD, RIGHT HEEL, REP STEP BACK, RIGHT, LEFT SIDE MAMBO STEP TOGETHER

1&2-3&4 Right heel forward, replace weight back to left, step back right, step back left, turn ½ right and step forward right, step forward left (9:00)
5&6-7&8 Right heel forward, replace weight back to left, step back right, rock left to left side, replace to right, step left together

REPEAT
