

One Day

拍数: 56 墙数: 4 级数: Improver
编舞者: Deborah Lenzi (USA)
音乐: One Day You Will - Martina McBride



ROCK HIPS RIGHT& LEFT, STEP BACK RIGHT LEFT TURN RIGHT ¼ SHUFFLE

1-4 Rock hips right 2 times, rock hips left 2 times
5-6 Step back, ronde right, ronde left back
7&8 Turn ¼ right, shuffle right, left, right in place

ROCK HIPS LEFT & RIGHT STEP BACK LEFT RIGHT TURN LEFT ¼ SHUFFLE

1-4 Rock hips left 2 times, rock hips right 2 times
5-6 Step back, ronde left, ronde right back
7&8 Turn ¼ left shuffle left right left in place

RIGHT HEEL & TOE TAPS, HITCH ¼ RIGHT SHUFFLE

1-2 Right heel tap 2 times in front
3-4 Right toe tap 2 times to side
5-6 Right hitch, cross in front ¼ right
7&8 Right shuffle

LEFT HEEL AND TOE TAPS HITCH, ROCK HIPS RIGHT, LEFT

1-2 Left heel tap 2 times in front
3-4 Left toe tap 2 times to side
5-6 Hitch left cross in front, step left side
7&8 Rock hips right-left-right

LEFT LOCK TURN ¼ RIGHT LOCK ¼ RIGHT, ROCK LEFT RIGHT

1&2 Step back left lock (left-right-left)
3&4 Turn ¼ right side lock (right-left-right) turn ¼ right
5-6 Rock left forward, right back
7&8 Left coaster back (left-right-left)

RIGHT STEP SLIDE RIGHT AND LEFT ROCK, WEAVE

1-4 Right step, side slide left, right step, side slide left
5-6 Rock side right, rock side left
7&8 Right cross behind, left to side, cross right in front

LEFT STEP SLIDE LEFT AND RIGHT ROCK, WEAVE

1-4 Left step side, slide right, left step side, slide right
5-6 Rock side left, rock side right
7&8 Left cross behind, right to side, cross left in front

REPEAT
