

One Day 2 Step

拍数: 64 墙数: 4 级数: Improver
编舞者: Dave Kirkham (UK)
音乐: You're Gonna Love Me One Day - Heather Myles



WALK, WALK, ROCK-AND-CROSS

1-4 (SS) step forward right, hold, step forward left, hold
5-8 (QQS) Rock right to side, recover on left, cross step right over left, hold

SIDE, BEHIND, ¼ TURN-STEP-½ TURN

9-12 (SS) Step left to side, hold, step right behind left, hold
13-16 (QQS) Turn ¼ left stepping forward left, step forward right, make ½ turn left stepping on to left, hold

WALK, WALK, COASTER FORWARD

17-20 (SS) Step forward right, hold, step forward left, hold
21-24 (QQS) Step forward right, step left beside right, step back right, hold

BACK, BACK, COASTER BACK

25-28 (SS) Step back left, hold, step back right, hold
29-32 (QQS) Step back left, step right beside left, step forward left, hold

MAMBO RIGHT, MAMBO LEFT

33-36 (QQS) Rock right to side, recover on left, step right beside left, hold
37-40 (QQS) Rock left to side, recover on right, step left beside right, hold

MAMBO FORWARD, MAMBO BACK

41-44 (QQS) Rock forward right, rock back left, step right beside left, hold
45-48 (QQS) Rock back left, rock forward right, step left beside right, hold

¼ MONTEREY TURNS X 4. (FULL TURN RIGHT)

49-50 (QQ) Touch right toe to side, making ¼ turn right-step right beside left
51-52 (QQ) Touch left toe to side, step left beside right
53-64 Repeat steps 49-52 three more times completing a full turn right

REPEAT
