

One Heart

拍数: 32 墙数: 0 级数:
编舞者: Chris Watson (AUS)
音乐: One Heart - Céline Dion



- 1-2-3&4 Walk forward right-left, right shuffle forward right-left-right
5-6-7&8 Rock forward left, back onto right, $\frac{3}{4}$ triple step turn via left shoulder, step left-right-left
- 1-2-3&4 Rock right to right side and back onto left, step right behind left, left to left side and right across in front of left
5-6-7&8 Rock left to left side and back onto right, step left behind right, right to right side and left across in front of right doing a $\frac{1}{4}$ turn to the right (now facing back wall)
- 1-2&3-4 Step right foot forward pivot a $\frac{1}{2}$ turn via left, stepping right foot together with left and step left foot forward (&) do a $\frac{1}{4}$ turn via your right shoulder take weight onto right (facing 3 o clock)
5-6-7&8 Rock left foot forward, right foot back, do a left coaster step
- 1-2&3&4 Rock forward onto right, back onto left, step right foot back and left heel forward, step left foot back and right foot forward with weight onto right
5-6-7&8 Step left foot forward onto a 45 degree angle pushing hips forward left, back right then hips left, right, left

REPEAT

RESTART

On walls 3 and 7, after beat 24 (coaster step) restart dance.
