

One Heart

拍数: 32 墙数: 4 级数: Improver
编舞者: Luke Crilcy
音乐: One Heart - Céline Dion



RIGHT SAILOR, LEFT SAILOR, RIGHT SAILOR ¼ TURN, WALK LEFT, RIGHT

1&2 Step right behind left, step left to side step right in place
3&4 Step left behind right step right to side, step left in place
5&6 Step right behind left step left to left side ¼ turn right step right forward
7-8 Walk forward left, right

CROSS LEFT OVER RIGHT, FULL TURN ROCK AND CROSS TWICE STEP SIDE ROCK BACK WITH ¼ TURN

1-2 Cross left over right unwind a full turn right
3&4 Rock left to left side, cross left over right
5&6 Rock right to right side, cross right over left
7-8 Step to left to left side, rock back on right with ¼ turn left

1 ½ LEFT TURN SHUFFLE, RIGHT CHASSE

1&2 ½ turn shuffle turning left stepping left, right, left
3&4 ½ turn shuffle turning left stepping right, left, right
5&6 ½ turn shuffle turning left stepping left, right, left
7&8 Step right to right side close left to right, step right to right side

KNEE POPS IN OUT IN ¼ TURN LEFT, ROCK FORWARD, ROCK BACK, FULL TURN, STEP TO LEFT

1-2 Pop right knee in, pop right knee out
3-4 Right knee in making a ¼ turn left
5-6 Rock forward on right, rock back on left
7&8& Full turn right (right, left, right), step left to side

REPEAT

RESTART

Restart on wall 4 after step 24.
