

One Heart

拍数: 32 墙数: 4 级数: Improver
编舞者: Sylvia Priestley (UK)
音乐: One Heart - Back Door



August 1999 in memory of Dolly Yeomans, a dear friend, neighbor and my surrogate mum.

SIDE ROCK, FORWARD CHA-CHA TWICE

1-2 Step to side right rocking onto right foot, rock back onto left foot
3&4 Step forward on right foot, step left foot beside right, step right beside left
5-6 Step to side left rocking onto left foot, rock back onto right foot
7&8 Step forward on left foot, step right beside left, step left beside right

¼ TURN, POINT, ½ TURN, POINT, STEP ¼, ROCKS FORWARD & BACK

9-10 Stepping onto left foot turn ¼ to left, point right foot to right side
11-12 Stepping onto ball of right foot pivot ½ to left, point left foot to left
&13&14 Step onto left turn ¼ left step right forward, rock back on left, step right beside left
15&16 Step back on left, rock forward on right, step left beside right

STEP PIVOT ¼, SWAY, SIDE SHUFFLE, ROCK

17-18 Step onto right pivot ¼ left, step left beside right
19-20 Sway right, sway left
21&22 Step to the right on right foot, step left beside right, step right to the side
23-24 Cross left over right, replace weight to right foot

SIDE SHUFFLE, ROCK, ¼ TURN TWICE

25&26 Step to the left on left foot, step right beside left, step right to the side
27-28 Cross right over left, replace weight to left foot
29-30 Step on to right foot turning ¼ right, step left beside right
31-32 Step on to right foot turning ¼ right, left foot step forward

REPEAT
