

One In A Million (P)

拍数: 48 墙数: 0 级数: Partner
编舞者: Jez Cauldwell (UK) & Susan McWilliams (UK)
音乐: One in a Million - Bosson



Position: Right Open Promenade (holding inside hands facing LOD)
Special thanks to Sophie for finding this music for us

MAN'S STEPS

WALK FORWARD, MAMBO, IN PLACE

1-2 Walk forward left right
3&4 Left mambo forward & in place
5-6 Walk back right left
7&8 Right mambo back & in place

SIDE ROCK, TRIPLE STEP

1-2 Rock left to left side, recover right
3&4 Triple step on the spot (left, right, left)

Man raises lady's left arm. Lady turns under man right arm to face man (RLOD) linking hands & arms into the position of closed country & western

DIAGONAL STEP LOCKS FORWARD

1 Step lock right(diagonal right)
2 Slide left foot behind right
3&4 Step forward right, lock left behind right, step right forward
5 Step forward left(diagonal left)
6 Slide right foot behind left
7&8 Step forward left, lock right behind left, step left forward

ROCK RECOVER COASTER, POINT

1 Rock forward right
2 Recover weight on left
3&4 Right coaster step, touching right to right side

HAND MOVEMENTS 1-2

Slide hands down arms to end up in double hand hold. Still facing each other. Man still facing LOD and lady RLOD

HAND MOVEMENTS 3&4

Man raises both sets of hands on beat 3 as lady starts the ½ turn right. Lady turns under the man's right arm ending in the wrap position. Lady will be in front of the man both facing LOD

The next sixteen steps the man will dance as near to the back of the lady as she allows. For those who do not wish to snuggle up, feel free to stay apart and just return to open promenade position after sway section

DIAGONAL STEPS, STEP TOGETHER TWICE

1 Step right foot to right side diagonal, pushing hips into diagonal
2 Step left foot to left diagonal pushing hips into diagonal (feet apart)
3 Step bring right foot back in place (feet apart)
4 Step bring left foot back in place (feet apart)
5-8 Repeat 1-4

Distribution of weight must be even on count 8

SWAY, HIP BUMPS

1-2 Sway hips left, right

- 3&4 Bump hips left, right, left
- 5-6 Sway hips right, left
- 7&8 Bump hips right, left, right

The man unrolls the lady from the wrap position to return to open promenade, holding inside hands, both facing LOD

ROCK STEP BACK, RECOVER, SHUFFLES TWICE

- 1-2 Rock back left foot, recover weight to right
- 3&4 Left shuffle
- 5-6 Rock back right foot, recover weight to left
- 7-8 Right shuffle

REPEAT

LADY'S STEPS

WALK FORWARD, MAMBO, IN PLACE

- 1-2 Walk forward right left
- 3&4 Right mambo forward & in place
- 5-6 Walk back left right
- 7&8 Left mambo back & in place

CROSS, BACK, ¼ TURN, ¼ TURN TRIPLE

- 1-2 Cross right over left step back left ¼ turn
- 3&4 ¼ turn right triple (right, left, right)

Man raises lady's left arm. Lady turns under man right arm to face man (RLOD) linking hands & arms into the position of closed country & western

DIAGONAL STEP LOCKS BACKWARDS

- 1 Step backwards left (diagonal left)
- 2 Slide right foot in front left
- 3&4 Step backward left, lock right in front left, step left backwards
- 5 Step backward right (diagonally right)
- 6 Slide left foot in front right
- 7&8 Step backward right lock left in front right step right backwards

ROCK RECOVER ½ TURN TRIPLE

- 1 Rock backward left
- 2 Recover weight on right
- 3&4 ½ turn right triple step (left, right, left)

(HAND MOVEMENTS 1-2)

Slide hands down arms to end up in double hand hold. Still facing each other. Man still facing LOD and lady RLOD

(HAND MOVEMENTS 3&4)

Man raises both sets of hands on beat 3 as lady starts the ½ turn right. Lady turns under the mans right arm ending in the wrap position. Lady will be in front of the man both facing LOD

The next sixteen steps the man will dance as near to the back of the lady as she allows. For those who do not wish to snuggle up, feel free to stay apart and just return to open promenade position after sway section

DIAGONAL STEPS, STEP TOGETHER TWICE

- 1 Step right foot to right side diagonal, pushing hips into diagonal
- 2 Step left foot to left diagonal pushing hips into diagonal (feet apart)
- 3 Step bring right foot back in place (feet apart)
- 4 Step bring left foot back in place (feet apart)
- 5-8 Repeat 1-4

Distribution of weight must be even on count 8

SWAY, HIP BUMPS FULL TURN RIGHT, POINT

1-2 Sway hips, left right

3&4 Bump hips, left, right, left

5-6 Step right $\frac{1}{4}$ turn right, step left $\frac{1}{4}$ turn (completing a half turn right)

7&8 Triple $\frac{1}{2}$ turn right (right, left, right pointing right out to right side)

The man unrolls the lady from the wrap position to return to open promenade, holding inside hands both facing LOD

ROCK STEP BACK, RECOVER, SHUFFLES TWICE

1-2 Rock back right foot, recover weight to left

3&4 Right shuffle

5-6 Rock back left foot, recover weight to right

7-8 Left shuffle

REPEAT
