

# One In A Row

拍数: 32                      墙数: 2                      级数: Intermediate  
编舞者: Tom Knight (USA)  
音乐: One In a Row - Trick Pony



## **½ PIVOT TURN, LOCK STEP, SHUFFLE & ¾ TURN**

- 1-2                      ½ pivot turn (step forward on right foot, turning ½ left)
- 3&4                      Lock step (step forward on right foot, step left foot behind right, step forward on right foot)
- 5&6                      Left shuffle (shuffle forward left, right, left)
- 7-8                      ¾ turn (turn ¾ over left shoulder stepping right, left)

## **ROCK STEP, CROSS SHUFFLE, ROCK STEP & CROSS SHUFFLE**

- 1-2                      Rock step (rock right foot to right side & recover)
- 3&4                      Cross shuffle (cross right foot over left & shuffle)
- 5-6                      Rock step (rock left foot to left side & recover)
- 7&8                      Cross shuffle (cross left foot over right & shuffle)

## **SYNCOPATED BACK STEPS, ROCK STEP, SHUFFLE, STEP & TOUCH**

- &1&2                      Syncopated back steps (with legs still crossed, step back "on balls of feet" right, left, right, left)
- 3-4                      Rock step (rock back on right foot & recover on left)
- 5&6                      Shuffle step (shuffle forward, right, left, right)
- 7-8                      Step & toe touch (step forward on left & touch right next to left foot)

## **TOE TOUCHES, RIGHT SWEEP, ½ TURN, STEP TOUCH & SYNCOPATED ROCK STEPS**

- 1-2                      Toe touches (touch right toe forward, touch toe to right side)
- 3&4                      Toe touch & sweep (touch right toe forward and sweep to the right into a ½ turn over right shoulder)
- 5-6                      Step & toe touch (step forward on left & touch right next to left foot)
- &7&8                      Syncopated rock steps (rock forward on right, back on left, rock back on right, forward on left)

## **REPEAT**

## **ALTERNATE ENDING**

**When the "Champs" Start playing the song "Tequila" which is 12 counts into the dance do the following**

- 5-6                      Rock step (rock back on left and recover)
- 7&8                      Triple step (do a triple step to front wall, planting feet apart while putting hands at an angle down to the floor on words "tequila" - like a "y" upside down - head to arms)