

One Man

拍数: 32 墙数: 4 级数: Improver
编舞者: Chris Peel (UK)
音乐: One Man Woman Again - Heather Myles



FORWARD, FORWARD, COASTER FORWARD. BACK, BACK, COASTER BACK

1-2 Step right forward, step left forward
3&4 Step right forward - step left beside right, step right back
5-6 Step left back, step right back
7&8 Step left back - step right beside left, step left forward

¼ TURN RIGHT, ½ TURN LEFT, SHUFFLE FORWARD. SIDE, TOGETHER, CHASSÉ LEFT

9-10 Lift heels and twist ¼ turn right, twist ½ turn left
11&12 Step right forward - step left beside right, step left forward
13-14 Side step left, step right beside left
15&16 Side step left - step right beside left, side step left

RIGHT JAZZ BOX, ¼ TURN RIGHT (TWICE)

17-20 Step right across left, step left back, step ¼ turn right, step left beside right
21-24 Step right across left, step left back, step ¼ turn right, step left beside right

FULL TURN RIGHT (VINE RIGHT ¼ TURN, PIVOT ½ TURN, PIVOT ¼ TURN, STEP TOGETHER)

25-26 Side step right, step left behind right
27-28 Step ¼ turn right, step left forward into pivot ½ turn right
29-30 Step weight forward onto right, step left forward
31-32 Step ¼ turn right, step left beside right

REPEAT

TAG

Following wall 2 (facing back at this point), wall 4 (home), wall 5 (right of home), and wall 7 (left of home) add:
SWIVET RIGHT, SWIVET LEFT

33-34 (Weight on right heel & left toe) swivel right toe to the right while left heel swivels left, swivel back to place
35-36 (Weight on left heel & right toe) swivel left toe to the left while right heel swivels right, swivel back to place

OPTIONAL ENDING

Track ends 17 beats into wall 8. Dance 1-14 as scripted, then

FORWARD, PIVOT ½ TURN RIGHT, STOMP FORWARD

15-16 Step left forward into pivot ½ turn right, step weight forward onto right
17 Stomp left forward and hold