

# One Off

拍数: 64      墙数: 2      级数:  
编舞者: Anita Moorh (UK)  
音乐: Uptown Girl - Westlife



## BACK RIGHT. SHUFFLE BACK LEFT. SHUFFLE, KICK RIGHT, KICK LEFT, KICK RIGHT, TOUCH RIGHT TO RIGHT SIDE

1&2      Shuffle back right, left, right  
3&4      Shuffle back left, right, left  
5&6      Kick right over left, step on right, kick left over right, step on left  
7      Touch right foot over left  
8      Touch right foot to right side

## RIGHT MONTEREY, RIGHT HEEL, LEFT HEEL, (REPEAT) ½ SHUFFLE TURN LEFT

9&10      Half Monterey turn to right  
11&12&      Touch right heel forward, in place, touch left heel forward, in place  
13&14&      Repeat steps 11&12&  
15&16      Shuffle half turn, turning left

## FULL TURN, LEFT ROCK & CROSS RIGHT ROCK & CROSS, ¼ PIVOT TURN LEFT

17&18      Full turn turning left  
19&20      Side rock to right, cross right over left  
21&22      Side rock to left, cross left over right  
23-24      Step forward right ¼ pivot turn to left

## SYNCOPATED JAZZ BOX, HALF TURN LEFT ROCK FORWARD RIGHT, ROCK BACK LEFT

25&26      Syncopated jazz box, cross right over left, step back right, step back left  
27-28      Cross left foot behind right, unwind half turn to left  
29-30      Rock forward on right, rock back on left  
31-32      Right sailor shuffle ¼ turn right

## LEFT FORWARD, RIGHT BACK, LEFT COASTER STEP. RIGHT. SIDE SHUFFLE CROSS ROCK

33-34      Rock forward left, rock back right  
35-36      Left coaster step  
37&38      Side right shuffle, right, left right  
39-40      Cross left over right, rock back right

## SIDE LEFT. SHUFFLE, CROSS ROCK, FULL TURN TO RIGHT

41&42      Side left shuffle, left, right, left  
43-44      Cross rock, right over left, rock back left  
45-47      Full turn turning to right side stepping right, left, right  
48      Step left next to right

## PIVOT ½ TURN LEFT (REPEAT) CROSS LEFT BEHIND RIGHT, ROCK & CROSS SHUFFLE

49-50      Step forward right, pivot ½ turn left  
51-52      Same as 49-50  
53-54      Step right to right side, cross left behind right  
55-56      Rock right to right side, rock back on left

## CROSS SHUFFLE, ROCK LEFT, KICK, CROSS SWIVEL

57&58      Cross right over left, shuffle to left

59-60 Rock left to left side, rock back on right  
61-62 Kick left foot diagonally to left cross left foot over right  
63&64 Place right toe next to left instep (with toes pointing left) swivel both heels right and back to center

**REPEAT**

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