

One Off

拍数: 64 墙数: 2 级数:
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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
