

One Song

拍数: 32 墙数: 2 级数: Advanced
编舞者: Terry Hogan (AUS)
音乐: One Song - John Berry



Sequence: 32, 32, TAG-4, 32, RESTART-7&, 32, TAG-4, 32, 32, 20

SIDE, RIGHT SAILOR, LEFT FORWARD COASTER, CROSS, BACK, BACK, CROSS, ¾R UNWIND

- 1 Long step side on left allowing right foot to drag toward left
- 2&3 Step right across behind left, step on ball of left to the side, replace weight stepping slightly forward onto right
- 4&5 Step left forward, step right beside left, step left backward toward left diagonal
- &-6 Step right backward to cross over left, step left backward to left diagonal
- &-7 Step right backward to right diagonal, step left backward to cross over right
- 8 Unwind making ¾ turn right taking weight on left foot - right foot is forward of left with heel raised and knee pushed forward - facing 9:00

FORWARD, ½ PIVOT LEFT, ¼ LEFT SIDE, BEHIND, ¼ RIGHT FORWARD, FORWARD, ½ PIVOT RIGHT, ¼ RIGHT SIDE, SIDE ½ LEFT, ¼ LEFT FORWARD, FORWARD, ¼ LEFT, CROSS

- 9& Step right forward, make ½ pivot turn left taking weight onto left
- 10 Make ¼ turn left and step right to the side
- 11& Step left across behind right, make ¼ turn right and step right forward
- 12& Step left forward, make ½ pivot turn right taking weight onto right
- 13 Make ¼ turn right and rock-step left to the side - facing front
- 14& Push-rock sideward onto right and make ½ turn left, make ¼ turn left and step left forward - facing 3:00
- 15&16 Step right forward, make ¼ pivot turn left taking weight onto left, step right across in front of left - facing front

ROCK SIDE, REPLACE, CROSS FORWARD, ROCK SIDE, REPLACE, CROSS FORWARD, SIDE ¼ RIGHT, ROCK BACK, REPLACE, FORWARD, FORWARD, ROCK FORWARD ¼ LEFT, REPLACE SIDE

- &17 Rock-step left to the side, replace weight onto right stepping slightly forward
- &18 Step left forward and across in front of right, rock-step right to the side
- &19 Replace weight onto left stepping slightly forward, step right forward and across in front of left

Note that counts 17-19 should move forward

- &20 Step left to the side making ¼ turn right, rock-step right foot backward
- 21-23 Step forward left-right-left
- 24& Rock-step forward right making ¼ turn left, replace weight sideward onto left

CROSS ROCK, REPLACE, SIDE, CROSS, SIDE, CROSS ROCK, REPLACE, ¼ LEFT FORWARD, ½ LEFT, BACK ROCK BACK, REPLACE, TOGETHER ¼ RIGHT

- 25-26 Cross-rock right over left, replace weight back onto left
- & Step right to the side
- 27-28 Cross-rock left over right, replace weight back onto right
- 29& Make ¼ turn left and step left forward, make ½ turn left and step right beside left
- 30-31 Step back left, rock-step right backward
- 32 Rock forward onto left
- & Step right beside left making ¼ turn right

REPEAT

TAG

Both times facing front wall

- 1-2 Rock-step left to the side, replace weight on right making $\frac{1}{4}$ turn right
- &3-4 Turn $\frac{1}{4}$ right and step left beside right, make $\frac{1}{2}$ turn right and step right to the side, slide left to touch beside right

RESTART

For the restart it is necessary to alter the unwind to do a full turn instead of the usual $\frac{3}{4}$. The turn is actually done this time on count 7 as you cross left over right then add an "&" count as you complete the turn and step the right foot slightly to the right side before restarting. You will be facing the back wall.
