

One Step Ahead (P)

拍数: 48 墙数: 0 级数: Partner
编舞者: Sandra Fallows
音乐: Step Ahead - Dave Sheriff



Position: Side by Side

HEEL HOOK, STEP & SCUFF, RIGHT & LEFT

1-2 Touch right heel forward, hook across left, just under knee
3-4 Step forward on right foot, scuff left foot forward past right
5-6 Touch left heel forward, hook it across right, just under knee
7-8 Step forward on left foot, scuff right foot forward past left

PADDLE TURNS KICK, STEP BACK, SLIDE

1-4 Step right foot forward, ¼ turn left twice
Now facing RLOD. Drop left hands. Man turns under lady's arm, and rejoin in VW position
5-6 Kick right foot forward twice
7-8 Step back on right, slide left to it

STEP BACK & ¼ TURN RIGHT, KICKS, RIGHT VINE

1-2 Step back right foot making ¼ turn right, (drop right hands rejoin hands behind as you) step left foot beside right, (now facing ILOD lady behind man)
3-4 Kick right foot forward twice
5-8 Right vine with a touch

LEFT VINE WITH ¼ TURN RIGHT WALKS BACK, HITCH

1-4 Step left foot to side, cross right behind left, step left ¼ turn right, hitch
Man brings right arm over ladies head, and rejoins left hands in front back into side by side position
5-8 Walk back on right, left, right, hitch left knee, now facing LOD

STEP SLIDES, STEPS SCUFFS FORWARD

1-4 Step forward on left foot, slide right to it, step forward on left, scuff right forward
5-8 Step forward on right foot, slide left to it, step forward on right, scuff left forward

WALKS FORWARD & JAZZ BOX

1-4 Walk forward on left, right, left, scuff right forward
5-6 Step right foot over left, step back on left
7-8 Step right foot to side, step left foot beside right

REPEAT
