

One Sweet Letter

拍数: 48 墙数: 4 级数: Improver east coast swing
编舞者: Christien van Londen (NL) & Vera Esman (NL)
音乐: One Sweet Letter - James Intveld



SIDE SHUFFLE, CROSS, SIDE, BACK ROCK, RECOVER, BIG STEP

1&2 Step right to the right side, step left together, step right to the right side
3-4 Step left across right, step right to the right side
5-6 Rock back on left, recover on right
7-8 Big step to the left on left (spread your arms), slide right beside left

BACK ROCK, RECOVER, SHUFFLE FORWARD, STEP, ½ TURN, KICK TWICE

1-2 Rock back on right, recover on left
3&4 Shuffle forward, with right, left, right
5-6 Step forward, on left, pivot ½ right, (weight on right)
7-8 Kick left diagonally forward, to the left twice

BACK ROCK, RECOVER, SIDE SHUFFLE, BACK ROCK, RECOVER, SIDE SHUFFLE

1-2 Rock back on left, recover on right
3&4 Step left to the left side, step right together, step left to the left side
5-6 Rock back on right, recover on left
7&8 Step right to the right side, step left together, step right to the right side

CROSS, SIDE, BEHIND, ¼ TURN, STEP FORWARD, ¼ TURN, CROSS SHUFFLE

1-2 Step left across right, step right to the right side
3-4 Step left behind right, turn ¼ to the right step, forward, on right
5-6 Step forward, on left, turn ¼ to the right (weight on right)
7&8 Cross left over right, step right to the right side, cross left over right

KICK, KICK, COASTER STEP, ROCK FORWARD, RECOVER, ¼ SIDE SHUFFLE

1-2 Kick with right diagonally forward, to the right twice
3&4 Step back on right, step left together, step forward, on right
5-6 Rock forward, on left, recover on right
7&8 Turn ¼ left step, left to the left side, step right together, step left to the left side

HEEL GRIND ¼ TURN RIGHT, BACK, TOGETHER, (TWICE)

1-2 Dig right heel forward, turn ¼ to the right stepping back on left
3-4 Step back on right, step left together
5-6 Dig right heel forward, turn ¼ to the right stepping back on left
7-8 Step back on right, step left together

REPEAT