

One Thing

拍数: 32 墙数: 4 级数: Improver
编舞者: Alan Birchall (UK)
音乐: One Thing - Pat Green



KICK BALL STEP, SKATE TWICE, KICK BALL CHANGE, POINT ½ TURN, STEP

1&2 Kick right foot forward, step right by left, step forward on left
3-4 Skate right, skate left
5&6 Kick right foot forward, step right by left, step left by right
7-8 Point right to right, make ½ turn right stepping right by left (6:00)

ROCK, RECOVER, SHUFFLE BACK, ROCK, RECOVER, FULL TURN

9-10 Rock forward on left, recover on right
11&12 Shuffle backwards stepping left, right, left
13-14 Rock back on right, recover on left
15-16 Full turn making ½ turn left stepping back on right, make ½ turn left stepping forward on left
(6:00) restart here during 5th wall (6:00)

Option: walk forward right, left

CROSS, POINT TWICE, CROSS, BACK, SIDE, CROSS

17-18 Cross right over left, point left to left
19-20 Cross left over right, point right to right
21-22 Cross right over left, step back on left
23-24 Step right to right, step forward on left

SIDE SHUFFLE, ROCK, RECOVER, ¼ SIDE SHUFFLE, ROCK, RECOVER

25&26 Step right to right, left by right, step right to right
27-28 Rock back on left, recover on right
29&30 Step left to left, right by left, step left to left making ¼ turn right (9:00)
31-32 Rock back on right, recover on left

REPEAT

TAG

After 2nd wall (6:00) and 7th wall (12:00)

STEP, ½ PIVOT TWICE

1-2 Step forward on right, ½ pivot left
3-4 Step forward on right, ½ pivot left
