

One Touch

拍数: 64 墙数: 2 级数: Intermediate
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音乐: One Touch - 365



RIGHT SIDE ROCK & CROSS, 2 X ¼ TURNS RIGHT, CROSS, DIAGONAL STEP, TOUCH, SIDE, KICK, BEHIND & CROSS

1&2 Rock right to right side, recover weight on left, cross step right over left
3& Turn ¼ turn right stepping back on left, turn ¼ turn right stepping right to right side
4 Cross step left over right, (6:00)
5& Step right diagonally forward right, touch left toe beside right popping both knees forward
6 Long step left to left side and slightly back - pushing hips left
& Flick/kick right diagonally forward right
7&8 Sweep right out and around to cross right behind left, step left to left side, cross right over left

LEFT SIDE ROCK & CROSS, 2 X ¼ TURNS LEFT, CROSS, DIAGONAL STEP, TOUCH, SIDE, KICK, BEHIND & CROSS

1&2 Rock left to left side, recover weight on right, cross step left over right
3& Turn ¼ turn left stepping back on right, turn ¼ turn left stepping left to left side
4 Cross step right over left, (12:00)
5& Step left diagonally forward left, touch right toe beside left popping both knees forward
6 Long step right to right side and slightly back - pushing hips right
& Flick/kick left diagonally forward left
7&8 Sweep left out and around to cross left behind right, step right to right side, cross left over right

SIDE ROCK & CROSS (RIGHT & LEFT - TRAVELING FORWARD), FORWARD ROCK, BACK-LOCK-BACK, ¼ TURN LEFT

1&2 Rock right to right side, recover weight on left, cross step right forward over left
3&4 Rock left to left side, recover weight on right, cross step left forward over right
5& Rock forward on right, rock back on left
6&7 Step back on right, lock step left across right, step back on right
8 Turn ¼ turn left stepping left long step to left side, (9:00)

RIGHT CROSS SHUFFLE, SIDE ROCK & BEHIND, SIDE, 2 X WALKS FORWARD, LEFT MAMBO FORWARD

1&2 Cross step right over left, step left to left side, cross step right over left
3&4& Rock left to left side, recover weight on right, cross left behind right, step right to right side
5-6 Walk forward on left, walk forward on right
7&8 Rock forward on left, rock back on right, step back on left

RIGHT LOCK STEP BACK, LEFT COASTER STEP, STEP, PIVOT ½ TURN LEFT, STEP, STEP FORWARD, DRAG

1&2 Step back on right, lock step left across right, step back on right
3&4 Step back on left, step right beside left, step forward on left
5&6 Step forward on right, pivot ½ turn left, step forward on right
7-8 Long step forward on left, slide/drag right toe beside left ending with a touch, (3:00)

MONTEREY ½ TURN RIGHT, LEFT SIDE ROCK & CROSS, MONTEREY ½ TURN RIGHT, SIDE ROCK ¼ TURN RIGHT

1-2 Point right toe out to right side, turn ½ turn right stepping right beside left
3&4 Rock left to left side, recover weight on right, cross step left over right

- 5-6 Point right toe out to right side, turn ½ turn right stepping right beside left, (3:00)
7&8 Rock left to left side, recover weight on right turning ¼ turn right, step forward on left, (6:00)

FULL TURN LEFT (TRAVELING FORWARD), DIAGONAL ROCK STEPS, HEEL BOUNCES ½ TURN LEFT, LEFT SAILOR STEP

- 1-2 Turn ½ turn left stepping back on right, turn ½ turn left stepping forward on left
3& Rock right diagonally forward right, rock back on left, (use hips)
4& Rock right diagonally back right, recover weight on left, (use hips)
5&6 Step forward on right, bounce both heels turning ¼ turn left twice, (completing ½ turn left)
7&8 Sweep/cross left behind right, step right to right side, long step left to left side, (12:00)

CROSS SAMBA (RIGHT & LEFT), SYNCOPATED WEAVE LEFT, CROSS, UNWIND ½ TURN LEFT

- 1&2 Cross step right over left, step left to left side, step right in place, (right twinkle)
3&4 Cross step left over right, step right to right side, step left in place, (left twinkle)
5&6& Cross step right over left, step left to left side, cross right behind left, step left to left side
7-8 Cross right over left, unwind ½ turn left - bending knees & dip down, (weight on left) (6:00)

REPEAT

ENDING

When using 3min 10sec version, music ends on count 32 of wall 5. To end facing 12:00 make ¼ turn right, stepping right long step to right side and hold
