

# 1,2 Step

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: Nic Bartlam (UK)  
音乐: One, Two Step (feat. Missy Elliott) - Ciara



- 1-2            Step forward on right foot, step left to left side  
&3&4        Pop right knee in, pop right knee out, turn head to look right and then center  
5&6            Hold, close right to left, step left to left side  
7&8            Hold, close right to left, step left to left side (feet apart)
- &              Right arm up in front of face at a right angle, fist clenched  
1              Place left hand on top of arm  
&              Pop right knee in, right arm comes down to meet left arm in to the left direction, head tilts with rest of body  
2              Recover so right arm is up in front of face at a right angle, fist clenched and left hand on top of right arm  
&              Pop left knee moving body to left keeping arm where it is  
3              Recover  
&              Pop right knee moving body to right keeping arm where it is  
4              Recover  
5              Push right arm down  
6              Hold  
7&8            Swivel feet to center, heels, toes, center. Weight finishes on right foot
- 1-2            Step forward right, turn ¼ turn left  
3-4            Step forward right, turn ¼ turn left  
5&6            Kick right foot forward, step right forward, turn ¼ turn right stepping left big step to left side (as you take step throw left hip to left side)  
7&8            Cross right behind left, step left to left side, step right to right side
- 1&2            Rock on to left foot, rock back on to right, rock back on to left  
**Body styling - as you rock on to left for 1, push left shoulder to left side and push right to right side, bring both back together for &, push them both out again for 2**  
3&4            Cross right behind left, step left to left side, step right to right side  
5&6            Cross left behind right, step right to right side, step left to left side  
7-8            Step forward on right, turn ½ turn left stepping forward on left

## REPEAT

## TAG

**On the end of the 4th wall instead of dancing a ½ turn for 7-8, replace it with:**

- 7-8            Step forward on right, turn ¼ turn left stepping forward on left  
9-10          Step forward on right, turn ¼ turn left stepping forward on left  
11-12        Step forward on right, turn ¼ turn left stepping forward on left

**Then start again as normal**