

One, Two Step

拍数: 32 墙数: 4 级数: Intermediate hip hop
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音乐: One, Two Step (feat. Missy Elliott) - Ciara



SLIDE & GLIDE, ¼ TURN, ½ TURN COASTER

1-2 Slide and step right to right, slide and step left over right
3-4 Slide and step right to right, slide and step left over right
5-6 Slide and step right to right, making ¼ turn right step left forward
7& Step right forward, step left next to right making ¼ turn right
8 Making ¼ turn right step right forward

¼ TURN, SAILOR INTO ROCK STEP, ¼, ½, ¼ PIVOTS

1-2& Making ¼ turn right step left to left, step right behind left, step left to left
3-4 Rock right to right, replace to left making ¼ turn left
5-6 Step right forward, pivot ½ turn left stepping onto left
7-8 Step right forward, pivot ¼ turn left stepping onto left

WALKS, TOE TOUCHES, ½ UNWIND, STEP, BRUSH, OUT, OUT

1-2 Walk forward right, left
3&4 Touch right forward, touch right to right, touch right behind left
5-6 Unwind ½ turn to right onto right, step left forward
7&8 Brush right forward, step right to right, step left to left

STEP, ¼ TURN, ½ TURN SWIVEL, HITCH, STEPS, ½ UNWIND

1-2 Step right behind left, step left to left making ¼ turn left
3&4 Step right forward, turn left heel in with ¼ turn left, turn right heel out with ¼ turn left
5-6 Hitch left up, step left down
7-8 Step right behind left, unwind ½ turn right with weight to left

REPEAT

TAG

After 4 wall (facing front wall) there is 4 extra counts one time:

1-2 Step right to right, touch left next to right
3-4 ¼ turn right step left to left, touch right next to left