

The Only One

拍数: 34 墙数: 4 级数: Intermediate
编舞者: Glynn Rodgers (UK)
音乐: The Only One - Lionel Richie



BASIC NIGHTCLUB, SIDE, COASTER STEP, PIVOT ½, STEP, ¾ HINGE TURN

1-2& Step left to left side, rock back right, recover weight onto left
3-4&5 Step right to right side, step back left, close right to left, step forward left
6& Step forward right, pivot ½ turn left
7&8 Step forward right, make ½ turn right stepping back left, make ¼ turn right stepping side right

CROSS ROCK, VINE ¼ TURN, SWEEP, JAZZ BOX WITH SWAY, ROCK & CROSS

1& Cross rock left over right, recover weight onto right
2&3 Step left to left side, cross right behind left, turn ¼ left stepping forward left, sweeping right out
4&5 Cross right over left, step back left, step right to right side swaying hips right
6-7&8 Sway hip left, rock right to right side, recover weight onto left, cross right over left

Restart here on wall 4

Vine ¼, ½ TURN SWEEP, DIAGONAL. ROCK, WEAVE LEFT, ROCK BACK, ½ TURN

1&2 Step left to left side, cross right behind left, turn ¼ left stepping forward left, make further ½ turn left sweeping right leg round (in the same count)
3-4 Rock right out to right diagonal, recover weight onto left
5& Cross right behind left, step left to left side
6& Cross right over left, step left to left side
7&8 Rock back right, recover weight onto left, make ½ turn left, stepping back right

COASTER STEP WITH SKATE, SKATE ¼ TURN WITH ROCK BALL CROSS, ½ HINGE TURN, ROCK STEP

1&2 Step back left, close right to left, skate forward left
3-4 Skate ¼ right rocking weight onto right, recover weight left
&5 Close right to left, cross left over right
6& Turn ¼ left stepping back right, turn ¼ left stepping side left

Restart here on walls 2 & 5 – see note

7-8 Step forward right, rock forward left

RECOVER, ½ TURN, ¾ HINGE TURN

1-2 Recover weight onto right, make ½ turn left stepping forward left
& Make ¾ hinge turn left closing right to left

REPEAT

RESTARTS:-

On wall 4, Restart after count 16

On walls 2 & 5, dance to count 30 and then shuffle forward right then start the dance again.

Last Update – 25th May 2017