

# Station One

拍数: 24      墙数: 2      级数: Beginner  
编舞者: Shirley A. Lockley  
音乐: Northern Lights - Situation Vacant



**This step sheet makes no sense at all. Does anyone have a better explanation of this dance?**

- 1-4      Vine to the right, stepping down on left foot  
5      Hook right foot in front of left knee and  $\frac{1}{4}$  turn left
- 6-9      Vine to the right, stepping down on left foot  
10      Touch right toe out to right side
- 11-12      Step right foot next to left, touch left toe out to left side  
13       $\frac{1}{4}$  turn to the left
- 14-16      Touch right heel out in front, bring right heel to left knee, step forward right
- 17-19      Step back right, toe to the side and back
- 20-22      Left heel out in front and back up to the knee, step forward left  
23-24      Touch left toe to left side, touch left toe back

**REPEAT**

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