

Still The One

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Justine Shuttleworth (AUS)
音乐: You're Still the One - Shania Twain



- 1-4 Step right to right, very slightly lift left foot off the ground in slow motion, step left foot behind right, step right foot to right
- 5-8 Step left to left, very slightly lift right foot off the ground in slow motion, step right foot behind left, step left foot to left
- 9-12 Step right foot forward, hold, lock left foot behind right, step forward right
- 13-16 Step forward left, pivot ½ turn right, step forward left and pivot full turn left, step forward right
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- 17-20 Rock forward on left, hold, rock back on right, step back slightly on left
- 21-24 Rock back on right, hold, rock forward on left, step slightly forward on right
- 25-28 Rock forward left, hold, rock back right, step back slightly on left
- 29-32 Step right foot back, pivot turn ½ turn right, step right foot back, pivot turn ½ turn right
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- 33-36 Step back right, step left beside right, cross right over left, hold
- 37-40 Rock left to left, rock right in place, cross left over right, hold
- 41-44 Rock right to right, rock left in place, cross right over left, step left to left
- 45-48 Cross right over left, step left to left turning ¼ turn right, step back right, lift left foot slightly off the ground
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- 49-52 Step forward left, step forward right turning ½ turn left, step back left, lift right foot slightly off the ground
- 53-56 Step forward right, step forward left turning ½ turn right, step back right, lift left foot slightly off the ground
- 57-60 Step left forward, lift right foot towards back of left leg, step back on right, lift left foot towards front of right leg
- 61-64 Step forward left, hold, step forward right turning ½ turn left, step back on left turning a further ¾ turn left

REPEAT
