

Tear One

拍数: 32 墙数: 4 级数: Improver
编舞者: Gaye Teather (UK)
音乐: Tear One - Steve Holy



SIDE & HEEL & TOE & HEEL & SIDE RIGHT TOUCH, SIDE LEFT TOUCH

1&2 Touch right toe to right side, step right beside left, touch left heel forward
&3&4 Step left in place, touch right toe beside left foot, step right foot in place, touch left heel forward
&5-6 Step left foot in place, step right foot to right side, touch left beside right
7-8 Step left foot to left side, touch right beside left

RIGHT VINE, TOUCH, SIDE LEFT, BEHIND, CHASSE LEFT

9-12 Step right foot to right, cross left behind right, step right to right, touch left beside right
13-14 Step left foot to left, cross right behind left
15&16 Step left to left, close right beside left, step left to left

FORWARD ROCK STEP, SHUFFLE ½ TURN RIGHT TWICE, ¼ TURN RIGHT, TOUCH

17-18 Rock forward on right foot, recover onto left
19&20 Shuffle half turn right stepping right, left, right
21&22 Shuffle half turn right stepping left, right, left
23-24 Step right foot ¼ turn to right, touch left beside right

FORWARD LEFT, RIGHT, SWIVEL ½ TURN LEFT, KICK, CROSSING TOE STRUTS

25-26 Walk forward on left, walk forward on right
27-28 With weight on balls of both feet, swivel half turn left, kick right foot forward
29-30 Cross step right toe over left, lower right heel
31-32 Cross step left toe over right, lower left heel

REPEAT

TAG

If using the Steve Holy track, at the end of walls 3 and 6 only, simply repeat steps 29-32.

OPTIONAL NEAT ENDING:

At the end of the 7th wall, there is a break in the music. Keep dancing anyway up to step 12, then add the following 3 step full turn (yes, just 3 steps!)

13-15 Step left foot ¼ turn left, make ½ turn left stepping back on right, step left foot ¼ turn to left
Then start again from step 1. You will do one more full sequence and the dance ends on the last note of music and you will be facing the front wall. Neat!