拍数： 32
墥数： 2
级数：Intermediate
编舞者：Michael Barr（USA）
音乐：One More Broken Hearted Man－Redfern \＆Crookes

| RIGHT FORWARD，LOCK，FORWARD，STEP LEFT FORWARD，TOGETHER，FORWARD－REPEAT |  |
| :--- | :--- |
| $1 \&$ | Step right forward on the right diagonal；step left forward crossing behind right（lock step） |
| 2 | Step right forward on the right diagonal <br> $3 \& 4$ |
| Step left forward on the left diagonal；step right next to left；step left forward on the left <br> diagonal |  |
| $5 \&$ | Step right forward on the right diagonal；step left forward crossing behind right（lock step） <br> 6 <br> $7 \& 8$ |
| Step right forward on the right diagonal <br> Step left forward on the left diagonal；step right next to left；step left forward on the left <br> diagonal |  |

## SIDE－BEHIND－SIDE，SIDE－BEHIND－ $1 / 4$ LEFT－REPEAT

$1 \& 2 \quad$ Step right side right；step onto ball of left behind right；step onto ball of right next to left
3\＆4
5\＆6
7\＆8
Step left side left；step onto ball of right behind left；turn $1 / 4$ left and step forward on left
Step right side right；step onto ball of left behind right；step onto ball of right side right
Styling：on counts，$\& 2$ and $\& 6$ create a rise as you do these steps on the balls of the feet．Also，on counts 2 and 6 end up leaning a little to the left

MODIFIED SYCOPATED SAILOR SHUFFLES WITH ¼ TURNS TO THE LEFT
1\＆2\＆Step right side right；step left behind right；step right side right；step left side left
Step right behind left；step left forward into a $1 / 4$ turn left；step right side right $7 \& 8 \quad$ Turn $1 / 4$ left taking a big step forward on the left；step right forward；step left next to right

ROCK，RETURN，STEP BACK，COASTER－FORWARD，PIVOT，FORWARD，SHUFFLE FORWARD
1\＆2 Rock forward onto the right；return back onto the left（in place）；step right back
$3 \& 4 \quad$（Coaster step）step left back；step right next to left；step left forward
$5 \& 6 \quad$ Step right forward；pivot $1 / 2$ turn left on ball of left shifting weight to the left；step right forward 7\＆8（Shuffle forward）step left forward；step right next to left；step left forward
Turning option for counts $7 \& 8$ ：turn $1 / 2$ right on ball of right and step back on the left（you will be facing your starting wall）．Turn $1 / 2$ right on ball of left and step forward on the right（you will be facing your new wall）．Step forward on the left

REPEAT

