

拍数: 48 墙数: 2 级数:
编舞者: Judy McDonald (CAN)
音乐: I Am The Only One - Melissa Etheridge



WALK FORWARD RIGHT, LEFT, RIGHT SIDE ROCK, RIGHT BACK ROCK

1-2&3&4 Step forward right, step forward left, step right to side, step left in place, step right back, step left in place

WALK FORWARD RIGHT, LEFT, RIGHT KICK, RIGHT STEP, LEFT TOUCH

5-6-7&8 Step forward right, step forward left, kick right forward, step right back, touch left at right toe
Angle body slightly towards right corner

STEP LEFT, TOUCH RIGHT, STEP RIGHT, TOUCH LEFT, STEP LEFT, TOUCH RIGHT, STEP RIGHT, TOUCH LEFT, STEP LEFT, TOUCH RIGHT (WITH SHOULDERS)

&1&2&3&4&5 Step left in place, touch right at left heel, step right in place, touch left at right toe, step left in place, touch right at left heel, step right in place, touch left at right toe, step left in place, touch right at left heel (lift and drop shoulders on touches) right shoulder up with right touch, left shoulder up with left touch

STEP RIGHT, STEP LEFT SIDE, LEFT HEEL DROPS TWICE

&6&7&8 Step right in place, step left to side (look to left with this step), lift left heel, drop left heel, lift left heel drop left heel

RIGHT BALL CHANGE, RIGHT VINE

&1-2-3-4 Step right back, step left in place, step right to side, step left behind right, step right to side

LEFT BALL CHANGE, LEFT VINE

&5-6-7-8 Step left back, step right in place, step left to side, step right behind left, step left to side

CAMEL WALKS FORWARD

&1&2&3&4&5&6 Step right forward, touch left beside right, step left forward, touch right beside left, step right forward, touch left beside right, step left forward, touch right beside left, step right forward, touch left beside right, step left forward, touch right beside left

RIGHT STEP SIDE, LEFT STEP SIDE, LEFT HEEL DROP

&7&8 Step right to side, step left to side, lift left heel, drop left heel

RIGHT ROCK FORWARD, LEFT STEP, RIGHT SIDE SHUFFLE

1-2-3&4 Step right forward, step left in place, step right to side, step left beside right, step right to side

LEFT ROCK FORWARD, RIGHT STEP WITH LEFT SWEEP ¼ TURN LEFT, LEFT TRIPLE

5-6-7&8 Step left forward, step right in place while sweeping left making ¼ turn left, step left beside right, step right beside left, step left beside right

Now facing 9:00

RIGHT STEP FORWARD, LEFT TOUCH, LEFT ¼ TURN STEP, RIGHT TOUCH

1-2-3-4 Step right forward, touch left beside right, make ¼ turn left and step left to side, touch right beside left

Now facing 6:00 (otherwise known as the back wall)

WALK BACK RIGHT, LEFT, RIGHT HEEL BALL CHANGE

5-6-7&8 Step right back, step left back, touch right heel forward, step right beside left, step left forward

REPEAT
