

Be The One

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Sharon Walton (UK)
音乐: The One - Backstreet Boys



STEP, CROSS, HOLD TWICE, RIGHT HEEL JACK, ROCK RIGHT & RECOVER

1&2 Step left to left side, cross right over left, hold
3&4 Step left to left side, cross right over left, hold
&5 Step left diagonally back left, touch right heel diagonally forward
&6 Step right in place, step left beside right
7-8 Rock right to right side, rock left in place

COASTER STEP, STEP, ½ PIVOT RIGHT TWICE, POINT, HITCH, POINT

9&10 Step back right, step left beside right, step forward right
11-12 Step forward left, pivot ½ turn right
13-14 Step forward left, pivot ½ turn right
15&16 Touch left to left side, hitch left knee up towards right knee, touch left to left side

SAILOR STEP, STEP, ¼ PIVOT LEFT, CROSS ROCK, FULL TURN RIGHT

17&18 Cross left behind right, step right to right side, step left to place
19-20 Step forward right, pivot ¼ turn left
21-22 Cross rock right over left, rock back on to left
23 On ball of left spin ½ turn right, stepping forward right
24 On ball of right spin ½ turn right, stepping back left

STEP, SCUFF, STEP, SHUFFLE FORWARD, CHARLESTON STEPS

&25-26 Step forward right, scuff left foot forward, step forward left
27&28 Step forward right, close left beside right, step forward left
29-30 Step forward left, touch right forward of left
31-32 Step right back behind left, touch left back behind right

REPEAT
