

Back At One

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Mikael Mölsä (FIN)
音乐: Back At One - Mark Wills



SLIDE, ROCK STEP, FULL TURN, SLIDE, ROCK STEP, 1 ¼ TURN LEFT

- 1 Slide to the right side
 - 2& Rock left behind right, recover on right
 - 3 Turn ¼ to left stepping forward on left
 - 4& Step forward on right, unwind ¾ to left (you should be now facing 12:00, weight on left)
 - 5 Slide to the right side
 - 6& Rock left behind right, recover on right
 - 7 Turn ¼ to left stepping forward on left
 - 8& Turn ½ to left stepping back on right, turn ½ to left stepping forward on left (now facing 9:00)
- Option: on counts 8 & you can just take two steps forward right, left

SLIDE, ROCK STEP, ¼ TURN RIGHT, STEPS BACKWARDS, SWAYS, WEAVE

- 1 Slide to the right side
- 2& Step back on left, recover weight on right
- 3 Turn ¼ to right while stepping left back
- 4& Step back right, left
- 5-6 Sway hips right, left
- 7&8& Transfer weight to right foot, step left behind right, step right to right side, step left over right (now facing 12:00)

SLIDE, QUICK ¾ TURN RIGHT, SLIDE, ROCK STEP, SLIDE, ROCK STEP, SYNCOPATED ROCK STEP FORWARD

- 1 Slide to the right side
- 2& Step left over right, unwind ¾ to right (weight ends up on right)
- 3 Slide to the left side
- 4& Rock back on right, recover weight on left
- 5 Slide to the right side
- 6& Rock back on left, recover weight on right
- 7 Step left diagonally left forward
- 8& Rock right over left, recover weight on left (now facing 9:00)

You can make the ¾ turn easier by turning ¼ to right on count 1. Then you'll only need to turn ½ on counts 2&

DIAGONAL STEP, SYNCOPATED ROCK STEP TURNING ¼ TURN TO LEFT, UNWIND A FULL TURN

- 1 Step right diagonally right forward
- 2& Rock left over right, recover weight on right
- 3 Turn ¼ to left while stepping left forward
- 4& Step forward on right, pivot ½ turn to left
- 5 Turn ½ to left while stepping right back
- 6 Sweep left behind right
- 7-8 Slowly unwind a full turn (weight ends up on left) (now facing 6:00)

Option: on counts 4 & 5 you can do a mambo step if you don't like turning around too much

REPEAT

TAG 1

Done after 1 wall

- 1-4 Sway hips right, left, right, left

TAG 2

Done after 2 wall

SLIDE, ROCK STEP, SLIDE, ROCK STEP, SLIDE, FULL TURN, SLIDE

- 1 Slide to the right side
- 2& Rock left behind right, recover on right
- 3 Slide to the left side
- 4& Rock right behind left, recover on left
- 5 Turn $\frac{1}{4}$ to right stepping forward on right
- 6& Step forward on left, unwind $\frac{3}{4}$ to right (you should be now facing 12:00, weight on right)
- 7 Slide to the left side
- 8& Rock right behind left, recover on left

TAG 3

Done after 4 wall

- 1-2 Do a big arch with your left hand starting from right side, moving over your head and ending up to the left side. For better effect, follow the hand with your eyes
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