

# &1 (And One)

拍数: 48      墙数: 4      级数: Improver  
编舞者: Holly Susan (Boots) Groeschel (USA)  
音乐: Men In Black - Will Smith



## SYNCOPATED BALL CHANGES: BACK, SIDE, FRONT, SIDE

&      Stepping back on ball of right  
1      Weight steps on left  
&      Stepping to the side on the ball of right  
2      Weight steps on left  
&      Stepping to the front on ball of right  
3      Weight steps on left  
&      Stepping to the side on ball of right  
4      Weight steps on left

## SLIDE WITH BODY ROLL, KICK BALL CHANGE

5      Step right sliding the right on the floor/roll body right (fluid motion)  
6      Touch left next to right  
7      Kick left forward  
&      Step left foot slightly back  
8      Step on right in place

## SYNCOPATED TAPS: BACK, SIDE, FRONT, SIDE

&      Step back on ball of left  
9      Step on right in place  
&      Step to the side on the ball of left  
10      Step on right in place  
&      Step to the front on ball of left  
11      Step on right in place  
&      Step to the side on ball of left  
12      Step on right in place

## SLIDE WITH BODY ROLL, KICK BALL CHANGE

13      Step left sliding the left on the floor and roll body left (fluid motion)  
14      Touch right next to left  
15      Kick right forward  
&      Weight on ball of right  
16      Step on left

## ¼ TURN TOUCH WALKS, HIP BUMPS

17      Step right making a ¼ turn right (3:00)  
18      Touch left next to right  
19      Step on left making a ¼ turn left (facing original wall)  
20      Touch right next to left  
21      Step side with right (shoulder width apart) and push right hip right  
22      Push right hip right  
23      Push right hip right  
24      Push right hip right

**Snap fingers downward throughout counts 21-24**

## ¼ TURN TOUCH WALKS, HIP BUMPS

- 25 Step left making a ¼ turn left (facing 9:00)
- 26 Touch right next to left
- 27 Step with right making a ¼ turn right (facing original wall)
- 28 Touch left next to right
- 29 Step side left (shoulder width apart) and push left hip left
- 30 Push left hip left
- 31 Push left hip left
- 32 Push left hip left

**Snap fingers downward throughout counts 28-32**

#### **SYNCOPATED ROMPS**

- 33 Step right with right
- 34 Step behind with left
- & Step right with right
- 35 Tap left heel diagonally forward
- & Bring left next to right
- 36 Cross right over left

#### **SYNCOPATED ROMPS**

- 37 Step left with left
- 38 Step behind with right
- & Step left with left
- 39 Tap right heel diagonally forward
- & Bring right next to left
- 40 Cross left over right

#### **SYNCOPATED STOMP AND CLAPS**

- 41 Stomp right moving sideways (towards 3:00)
- 42 Clap hands
- & Stomp left next to right
- 43 Stomp right moving sideways (towards 3:00)
- 44 Clap hands

#### **JAZZ BOX, ¼ TURN AND TOUCH**

- 45 Cross left over right make a ¼ turn right
- 46 Step back on right
- 47 Step side with left
- 48 Touch right next to left

**REPEAT**

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