

No One

拍数: 64 墙数: 2 级数: Improver
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音乐: No One - Alicia Keys : (CD: As I Am)



SIDE STEP, LOCK STEP BACK

1-2 Right foot step right, left foot step together
3&4 Right foot lock step back
5-6 Left foot step left, right foot step together
7&8 Left foot lock step back

ROCK STEPS, SHUFFLE ½ TURN

1-2 Right foot rock back, recover on left foot
3&4 Right foot shuffle ½ turn left
5-6 Left foot rock back, recover on right foot
7&8 Left foot shuffle ½ turn right

ROCK STEPS, SKATES, SHUFFLE, PIVOT

1-2 Right foot rock back, recover on left foot
3-4 Right foot skate right, left foot skate left
5&6 Right foot shuffle forward
7-8 Left foot ½ pivot right

SKATE, SHUFFLE, PIVOT, CROSS SHUFFLE

1-2 Left foot skate left, right foot skate right
3&4 Left foot shuffle forward
5-6 Right foot ¼ rock left, recover on left foot
7&8 Right foot cross shuffle

ROCK STEPS, BEHIND, SIDE, CROSS

1-2 Left foot rock left, recover on right foot
3&4 Left foot cross behind & over
5-6 Right foot rock right, recover on left foot
7&8 Right foot cross behind & over

TURN ½ FLICK, SHUFFLE 2X

1-2 Left foot ½ turn right, flick left foot
3&4 Left foot shuffle forward
5-6 Right foot ½ turn left, flick right foot
7&8 Right foot shuffle forward

ROCK ¼ STEP, CROSS SHUFFLE, ROCK STEP

1-2 Left foot rock right, recover on left foot
3&4 Left foot cross shuffle
5-6 Right foot rock right, recover on left foot
7&8 Right foot cross shuffle

JAZZ BOX, PIVOT, SHUFFLE

1-3 Left foot ½ jazz box left
5-6 Left foot ½ turn right
7&8 Left foot shuffle forward

REPEAT

TAG: After count 48 of wall 2

1-2 Left foot $\frac{1}{4}$ right, right foot touch behind left foot

Then restart from count 1
