

One Step

拍数: 32 墙数: 4 级数: Improver
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音乐: One Step At a Time - Jordin Sparks : (CD: Jordin Sparks)



WALK, WALK, ¼ HIP BUMPS & ROLLS

1-2 Step forward right, step forward left
3-4 Making ¼ left bump hips right twice
5-6 Bump hips left twice
7-8 Roll hips to left (weight on left)

CROSS BEHIND & BALL CROSS FRONT, ¼ STEP FORWARD, ROCK FORWARD, ¼ SHUFFLE SIDE

1&2 Cross right behind left, ball left, cross right over left
3 Step left forward ¼ left
4-5 Step forward right, recover back left
6&7 Step right side ¼ right, slide left to right, step side right

CROSS ROCK, ½ SHUFFLE, WALK, WALK, CROSS UNWIND ½ LEFT

8-1 Cross left over right, recover back right
2&3 Step forward left ½ left, slide right to left, step forward left
4-5 Step forward right, step forward left
6-7-8 Cross right over left, unwind left ½ turn for 2 beats (weight on left)

STEP FORWARD RIGHT, TOUCH LEFT, STEP BACK LEFT, TOUCH RIGHT, SHUFFLE BACK, COASTER

1-2 Step forward right, touch left next right
3-4 Step back left, touch right next left
5&6 Step back right, slide left next right, step back right
7&8 Step back left, step together right, step forward left

REPEAT

RESTARTS: On walls 4 & 9 do the first 16 counts & restart
