

4 to 1

拍数: 32 墙数: 4 级数: Improver
编舞者: Marie Sørensen (TUR) & Roz Chaplin (UK) - November 2011
音乐: 4 to 1 in Atlanta - Tracy Byrd



Intro: 32 Counts

Step ½ Turn, Step Hold & Clap, Step ¼ Turn, Cross, Hold & Clap

1-2 Step fwd. Right, ½ turn Left, step fwd. Left
3-4 Step fwd. Right, hold & clap
5-6 Step fwd. Left, ¼ turn Right (Weight on Right)
7-8 Cross Left in front of Right, hold & clap (09:00)

Grapevine Right, Cross, Side, Rock, Recover, Cross, Side

1-2 Step Right to Right side, cross Left behind Right
3-4 Step Right to Right side, cross Left over Right
5-6 Rock Right to Right side, recover onto Left
7-8 Cross Right over Left, step Left to Left side

Restart the dance here during wall 5 (09:00)

Point. Touch, Point, Hold, Coaster Step, Hold

1-2 Point Right to Right side, touch Right beside Left
3-4 Point Right to Right side, hold
5-6 Step back on Right, step Left beside Right
7-8 Step fwd. Right, hold (09:00)

Paddle ¼ Turn, Paddle ¼ Turn, Jazz Box, Touch

1-2 Step forward Left, Pivot ¼ turn Right
3-4 Step forward Left, Pivot ¼ turn Right (03:00)
5-6 Cross Left over Right, step back on Right
7-8 Step Left to Left side, Touch Right beside Left (03:00)

Restart: During wall 5, after 16 counts, start the dance from the beginning – (09:00)

Have Fun!
