

One Way Ticket

拍数: 48 墙数: 4 级数: Improver
编舞者: Colin B Smith (UK) & Roz Chaplin (UK) - June 2012
音乐: One Way Ticket - Carrie Underwood : (CD: Blown Away)



MAMBO STEP, COASTER STEP, PIVOT ¼ TURN, CROSS, ROCK STEP CROSS

1&2 Rock forward on right, recover onto left, step right back
3&4 Step left back, step right beside left, step forward on left
5&6 Step forward on right, pivot ¼ turn to left, cross right over left (9)
7&8 Rock left to left side, recover onto right, cross left over right

SIDE BEHIND & CROSS, TOUCH ROCK ¼ TURN, RUN X3

1-2& Step right to right side, cross left behind right, step right to right side
3-4 Cross left over right, touch right beside left
5&6 Rock right to right side, recover onto left making ¼ turn left, step forward right (6)
7&8 Run slightly forward left, right, left

ROCK STEP, CROSS X 2, STEP, PIVOT ½ TURN, FULL TURN

1&2 Rock right to right side, recover onto left, step right BEHIND left
&3 Rock left to left side, recover onto right,
&4 Step left BEHIND right, Step forward on right
5-6 Step forward on left, pivot ½ turn to right (12)
7&8 Make a full turn to right stepping left, right, left

ROCK, RECOVER, SHUFFLE ½ TURN, STEP ¼ CROSS SHUFFLE

1-2 Rock forward on right, recover onto left
3&4 Shuffle ½ turn stepping – right, left, right (6)
5-6 Step forward on left, make ¼ turn right (9)
7&8 Cross left over right, step right to right side, cross left over right

ROCK STEP, CROSS X 2, STEP, PIVOT ½ TURN, FULL TURN

1&2 Rock right to right side, recover onto left, step right BEHIND left
&3& Rock left to left side, recover onto right, step left BEHIND right
4 Step forward on right
5-6 Step forward on left, pivot ½ turn to right (3)
7&8 Make a full turn to right stepping left, right, left

SIDE TOGETHER, ROCK & CROSS, ROCK SHUFFLE ½ TURN

1-2 Step right to right side, close left beside right
3&4 Rock right to right side, recover onto left, cross right over left
5-6 Rock left forward, recover onto right
7&8 Make ½ turn to left stepping left, right, left (9)
