

Be The Lucky One

拍数: 64 墙数: 4 级数: Improver
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音乐: Lucky One - Raul Malo : (CD: Lucky One 2009 - iTunes)



24 count intro (11 sec).

Sec 1: [1-8] Side, Back Cross Rock, & Recover, Side, Back Cross Rock, & Recover, Side, Together, L Chasse ¼ L.

1-2& Step Rf to the right, cross rock Lf behind Rf, recover on Rf.
3-4& Step Lf to the left, cross rock Rf behind Lf, recover on Lf.
5-6 Step Rf to the right, step Lf next to Rf holding weight onto Rf.
7&8 Step Lf to the left, step Rf next to Lf, turn ¼ left (9) step Lf forward.

Restart here WALL 3 after 8 count (facing 6 o'clock) after start again (facing 3 o'clock).

Sec 2: [9-16] Side, Back Cross Rock, & Recover, Side, Back Cross Rock, & Recover, Side, Back, R Chasse ¼ R.

1-2& Step Rf to the right, cross rock Lf behind Rf, recover on Rf.
3-4& Step Lf to the left, cross rock Rf behind Lf, recover on Lf.
5-6 Step Rf to the right, step Lf back.
7&8 Step Rf to the right, step Lf next to Rf, turn ¼ right (12) step Rf forward.

Sec 3: [17-24] Charleston Kicks L-R, Fwd Rock, Recover, Triple Step ½ L.

1-2 Kick Lf forward, step Lf back.
3-4 Kick Rf back, step Rf forward.
5-6 Rock Lf forward, recover on Rf.
7&8 Triple ½ left (6) step Lf slightly forward, step Rf beside Lf, step Lf slightly forward weight onto Lf.

Sec 4: [25-32] Step, & Hook Back, Coaster Step ¼ L, Step, & Hook Back, Coaster Step.

1&2 Step Rf forward, hook Lf behind R knee, step Lf back in place.
3&4 Turn ¼ left (3) step Rf back, step Lf beside Rf, step Rf forward.
5&6 Step Lf forward, hook Rf behind L knee, step Rf back in place.
7&8 Step Lf back, step Rf beside Lf, step Lf forward. (3:00)

Sec 5: [33-40] Fwd Point, Side Point, Sailor ¼ L, Fwd Point, Side Point, Sailor Step.

1-2 Point Rf forward, point Rf out to right.
3&4 Step Rf behind Lf, turn ¼ left (12) step Lf to the left, step Rf forward.
5&6 Point Lf forward, point Lf out to left.
7-8 Step Lf behind Rf, step Rf to the right, step Lf to the left. (12:00)

Sec 6: [41-48] Press & Sweep ¼ L, R Ankle Rock, ¼ R, L Ankle Rock, Walks Fwd R-L.

1-2 Press Rf forward on ball, recover on Lf turn ¼ right (3) sweep Rf from front to back.
3&4 Locked Rf behind Lf taking weight onto Rf, recover on Lf, recover on Rf (Ankle Rock R).
5&6 Turn ¼ left (12) locked Lf behind Rf taking weight onto Lf, recover on Rf, recover on Lf (Ankle Rock L).
7-8 Walk Rf forward, walk Lf forward.

Sec 7: [49-56] Back, Side, Sailor ¼ L, Step, R Heel Swivel Fwd, Back, ¼ L, Side.

1-2 Step Rf back, step Lf to the left.
3&4 Step Rf behind Lf, turn ¼ left (9) step Lf to the left, step Rf forward.
5&6 Step Lf forward, with R toe on the floor swivel R heel forward, heel back to centre.
7-8 Step Lf back, turn ¼ right (12) step Rf to the right.

Sec 8: [57-64] Step, Side, Heel & Toe Swivel, Knee Lift, Side Rock, Recover, Hold, Sailor ¼ R.

1-2 Step Lf forward, step Lf to the left.

3&4 Swivel L heel right, swivel L toe right, lift L knee up.

(Weight remains on right during left heel/toe swivel & knee lift).

5-6& Rock Lf to the left, recover on Rf, Hold.

7&8 Step Lf behind Rf, turn ¼ right (3) step Rf to the right, step Lf forward weight onto Lf.

Start again and have fun!

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