

One Love

拍数: 68 墙数: 4 级数: High Improver
编舞者: Carol Bates (UK) - March 2013
音乐: One Love - Carlene Carter



Intro: 20 counts – Start on vocals

Chasse Right, Hold, Rock Back Recover, Side, Hold

1 – 4 Step right to right side, close left next to right, step right to right side, hold
5 – 8 Rock left back, recover on right, step left to left side, hold

Syncopated Rock Steps, Step Side

1 – 4 Cross rock right over left, recover onto left, rock right to right side, recover onto left
5 – 8 Rock right back, recover onto left, step right to right side, hold

¼ Sailor Turn, Hold, Right Lock Step, Hold

1 – 4 Cross left behind right making ¼ turn left. Step right beside left. Step left to left side, hold
5 – 8 Step right forward, lock left behind right, step right forward, hold

Modified Mambo, Step Back Hitch x2

1 – 4 Rock left forward, recover onto right, step left back, hitch right knee
5 – 8 Step right back, hitch left knee, step left back, hitch right knee

Coaster Step, Hold, Pivot Full Turn, Hold

1 – 4 Step right back, step left next to right, step right forward, hold
5 – 8 Step left forward, pivot ½ turn right, make ½ turn right stepping left back, hold

Easier Option: Counts 5 - 8 above ... Left Mambo Forward, Hold

Coaster Step, Hold, Left Lock Step, Hold

1 – 4 Step right back, step left next to right, step right forward, hold
7 – 8 Step left forward, lock right behind left, step left forward, hold

Diagonal Right, Touch, Diagonal Left, Touch, Side Rock Recover Touch, Hold

1 – 4 Right diagonal step forward, touch left next to right, left diagonal step forward, touch right next to left
5 – 8 Rock right to right side, recover onto left, touch right next to left, hold

Diagonal Right, Touch, Diagonal Left, Touch, Side Rock Recover Touch, Hold

1 – 4 Right diagonal step forward, touch left next to right, left diagonal step forward, touch right next to left
5 – 8 Rock right to right side, recover onto left, touch right next to left, hold

Jazz Box ½ Turn Right

1 – 4 Cross right over left, step left back, turn ½ turn right stepping right forward, step left to left side

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