

Jordin's Step

拍数: 32 墙数: 4 级数: Improver
编舞者: Keith Stewart (N.IRE) - October 2013
音乐: One Step At a Time - Jordin Sparks



Intro - 16 Counts.

Section 1 – Step Out Right, Left, Right Side Shuffle, Step Out Left, Right, Left Side Shuffle.

- 1 – 2 Step Right Foot Out And Slightly Forwards To Right Side, Step Left Foot Out And Slightly Forwards To Left Side.
- 3&4 Step Right Foot To Right Side, Step Left Foot Beside Right Foot, Step Right Foot To Right Side.
- 5 – 6 Step Left Foot Out And Slightly Forwards To Left Side, Step Right Foot Out And Slightly Forwards To Right Side.
- 7&8 Step Left Foot To Left Side, Step Right Foot Beside Left Foot, Step Left Foot To Left Side.

Section 2 – Cross Unwind $\frac{3}{4}$ Turn Left, Right Shuffle Forward, Left Pivot $\frac{1}{2}$ Turn, Left Shuffle Forward.

- 9 – 10 Step Right Foot Across Left Foot Keeping Weight On Left Foot, Unwind A $\frac{3}{4}$ Turn Over Left Shoulder.
- 11&12 Step Forward On Right Foot, Step Left Foot Beside Right Foot, Step Forward On Right Foot (Facing 3 O'clock).
- 13 – 14 Step Forward On Left Foot, Pivot A $\frac{1}{2}$ Turn Over Right Shoulder (Now Facing 9 O'clock).
- 15&16 Step Forward On Left Foot, Step Right Foot Beside Left Foot, Step Forward On Left Foot.

Restart Here On Walls 4 & 9

Section 3 – Right Mambo Step Forward, 2 Walks Back, Left Coaster Step, 2 Walks Forward.

- 17&18 Rock Weight Forward Onto Right Foot, Recover Weight Onto Left Foot In Place, Step Right Foot Beside Left Foot.
- 19 – 20 Step Back On Left Foot, Step Back On Right Foot.
- 21&22 Step Back On Left Foot, Step Right Foot Beside Left Foot, Step Left Foot Forward.
- 23 – 24 Step Forward On Right Foot, Step Forward On Left Foot.

Section Four – Syncopated Side Mambos, Right Touch, Full Turn Walk Round Right.

- 25&26 Rock Right Foot To Right Side, Recover Weight Onto Left Foot In Place, Step Right Foot Beside Left Foot.
- &27&28 rock Left Foot To Left Side, Recover Weight Onto Right Foot In Place, Step Left Foot Beside Right Foot, Touch Right Foot Beside Left Foot.
- 29 – 32 Walk Around A Full Turn In A Clockwise Direction Stepping Right, Left, Right, Left, Ending Up Facing The Wall You Began Your Walk On.

Start Again!!

Note – Restarts Alert!! Two Restarts, Both Thankfully Happening In The Same Place In The

On Walls 4 And 9, After You Shuffle Forward On Your Left Foot (Counts 15&16), Instead Of Going Into Your Right Mambo, Simply Restart The Dance!!

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