

Just One Time

拍数: 64 墙数: 4 级数: Phrased Novice
编舞者: Tjwan Oei (NL) - January 2014
音乐: Just One Time - Mandy Barnett



Sequence : A – A – B – A – A – B – A – A

A : 32 counts

[01] Bachata basic step with hips bumps 2 x

1-2-3&4 Move your body & legs (R-L-R) tap with Lf. and bump with left hip
5-6-7&8 Move your body & legs (L-R-L) tap with Rf. and bump with right hip

[02] Bachata side step to the right – Bachata side step to the left

1-2-3&4 Rf. step to the right side – Lf. step together – Rf. step to the right side – Lf. tap beside Rf. and bump with left hip
5-6-7&8 Lf. step to the left side – Rf. step together – Lf. step to the left side – Rf. tap beside Lf. and bump with right hip

[03] Bachata step forwards – Bachata step backwards

1-2-3&4 Rf. step forwards – Lf. lock behind Rf. – Rf. step forwards – Lf. tap behind Rf. and bump with left hip
5-6-7&8 Lf. step behind – Rf. lock in front of Lf.- Lf. step behind – Rf. tap in front of Lf. and bump with right hip

[04] Right side rock – Recover – Step ¼ turn left – Hips bumps - Rock forwards – Recover – Shoulders movement

1-2-3&4 Rf. rock to the right side – Rec. weight onto Lf. – Rf. step ¼ turn left forwards – Lf. tap beside Rf. and bump with left hip
5-6-7&8 Lf. step forwards – Recover weight onto Rf. – Move with your shoulder (L-R-L)

B : 32 counts

[01] Step ¼ turn left forwards with hips bumps (3 x) – Step together, Vine to the right with hips bumps

1&2&3&4 Rf. step ¼ turn left forwards – Bump with left hip – Lf. step ¼ turn left forwards – Bump with right hip, Rf. step ¼ turn left forwards – Bump with left hip – Lf. step together beside Rf.
5-6-7&8 Rf. step to the right side – Lf. step behind Rf. – Rf. step to the right side – Lf. tap beside Rf. and bump with left hip

[02] Syncopated vine step to the right – Pivot ½ turn (2x)

1&2&3&4& Rf. step to the right side – Lf. step behind Rf. – Rf. step to the right side – Lf. cross over Rf. – Rf. step to the right side, Lf. step behind Rf. – Rf. step to the right side – Lf. step together beside Rf.
5-6-7-8 Rf. step forwards – Rf./Lf. ½ turn left – Rf. step forwards – Rf./Lf. ½ turn left

[03] Step ¼ turn left forwards with hips bumps (3x) – Step together, Vine to the right with hips bumps

1&2&3&4 Rf. step ¼ turn left forwards – Bump with left hip – Lf. step ¼ turn left forwards – Bump with right hip, Rf. step ¼ turn left forwards – Bump with left hip – Lf. step together beside Rf.
5-6-7-8 Rf. step to the right side – Lf. step behind Rf. – Rf. step to the right side – Lf. tap beside Rf. and bump with left hip

[04] Funky step and slide to the left – Step behind – Cross – Touch

1-2-3-4 Rf. touch to right side – Rf. step together beside Lf. – Lf. touch to the left side – Lf. step together beside Rf.
5-6-7&8& Rf. touch to the right side – Rf. step together beside Lf. – Lf. step to the left side – Rf. step behind Lf. – Lf. cross over Rf. Rf. touch beside Lf.

Happy dancing

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