

One Step Further

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Christopher Petre (USA) - April 2014
音乐: Farther Up the Road by Mick Hucknall



20 count intro, step 1 is on the word "road"

[1-8], WALK, WALK, PLACE, TWIST & TWIST 1/2 L, L KICK, 1/4 L SAILOR STEP

1,2,3 Walk forward R, L, place R foot forward in front of L (weight on L)
4&5 With weight on both feet twist heels right turning 1/4 LEFT, twist heels left, twist heels 1/4 right turning 1/4 LEFT (6:00)
6 Kick L forward and then sweep L around and behind R
7&8 Turn 1/4 left (3:00) stepping back on L, step R next to L, step forward L

[9-16], WALK, WALK, PLACE, TWIST & TWIST 1/2 L, L KICK, L COASTER STEP

1,2,3 Walk forward R, L, place R foot forward in front of L (weight on L)
4&5 With weight on both feet twist heels right turning 1/4 LEFT, twist heels left, twist heels 1/4 right turning 1/4 LEFT (9:00)
6 Kick L forward
7&8 Step back on L, step R next to L, step forward L

[17-24], SHUFFLE R & L DIAGONALS, OUT-OUT, SWAY L, R, L

1&2 Step to right diagonal on R, step together on L, Step to right diagonal on R
3&4 Step to left diagonal on L, step together on R, Step to left diagonal on L
&5 Step R to right, place L to left (weight on R)
6,7,8 Sway L, R, L with weight ending on L with R toe pointed to right

[25-32], ROLLING STEP 1 1/4 R, KICK L-BALL-1/4 L POINT R, HOLD, & SWITCH HOLD

1,2,3 Turn 1/4 right (12:00) stepping onto R, turn 1/2 right stepping back on L, turn 1/2 right stepping forward on right (12:00)
4&5,6 Kick L forward, turn 1/4 left (9:00) step L to left, point R toe to right, hold
&7,8 Step R next to L, point L toe to left, hold

[33-40], AND CROSS, BACK, BACK, CROSS, BUMPS, 1/2 R BUMPS

&1,2 Step L behind R, cross step R over L, step back L
3,4 Step back on R, cross step L over R
5&6 Step back on R bumping hips back, forward, back (weight on R)
7&8 Turn 1/2 right (3:00) place weight on L bumping hips back, forward, back (weight on L)

[41-48], WALK, WALK, 1/2 R SAILOR, 1/2 R, 1/2 R, L SHUFFLE

1,2 Walk forward R, L
3&4 Turn 1/4 right step R behind L, step L in place, turn 1/4 right step R to right (9:00)
5,6 Turn 1/2 right step back on L, turn 1/2 right step forward on R (9:00)
7&8 Step forward L, step together on R, step forward L

RINSE, LATHER, REPEAT ;)

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