

Not The Only One

拍數: 32 牆數: 4 級數: Beginner / Improver
編舞者: Regina Cheung (CAN) - October 2014
音樂: I'm Not the Only One - Sam Smith



Intro - 32 count

Sec 1: □ Side, Back Rock, Shuffle 1/4 Right, Pivot 1/4 Right, Cross Shuffle

1 2 3 Step left to left side big step, Rock right behind Left, Recover on Left
4&5 Turn 1/4 right, Step right forward, Lock left behind right, Step right forward
6 7 Step left forward, Pivot 1/4 right
8&1 Cross left over right, Step right to right side, Cross left over right (6:00)

Sec 2: □ Right Side Mambo, Rock Recover, Coaster Step

2 3 4 Sway right to right side, Recover on left, Step Right next to Left
5 6 Left Rock Forward, Recover on Right
7&8 Step left back, Step right next to left, Step left forward (6:00)

Sec 3: □ Rock Recover, Shuffle 1/2 Right, Pivot 1/2 Right, Pivot 1/4

1 2 Right Rock Forward, Recover on Left
3&4 Step right 1/4 right, Step left next to right, Step right 1/4 right
5 6 Step left forward, Pivot 1/2 right
7 8 Step left forward, Pivot 1/4 right (9:00)

Sec 4: □ Cross, Back Back Cross, Back Back Cross, Right Side Mambo

1 Cross left over right
2&3 Left diagonal Step right back, Step left slightly back, Cross right over left
4&5 Right diagonal Step left back, Step right slightly back, Cross left over right
6 7 8 Step right to right side, Recover on left, Step Right next to Left (9:00)

REPEAT - No Tag No Restart =)

Happy Dancing

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