

Not The One

COPPER KNOB
BY SHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Annie Annoy (INA) & Kent - July 2015
音樂: I'm Not the Only One - Sam Smith : (CD: In the lonely hour, Deluxe version - iTunes)



#32 Count intro

Step, lock, lock shuffle, step, lock, lock shuffle

- 1 – 2 Step diagonally forward on right, lock left behind right
- 3 & 4 Step diagonally right forward, lock left behind right, step diagonally forward on right
- 5 – 6 Step diagonally forward on left, lock right behind left
- 7 & 8 Step diagonally left forward on left, lock right behind left, step diagonally forward on left

Rock step, run back, rock step, skate, skate

- 1 – 2 Step forward on right, recover onto left
- 3 & 4 Run backwards right, left, right
- 5 – 6 Step back on left, recover onto right
- 7 – 8 Skate left, skate right

Step, touch, back, hook, ¼ turn left, touch, unwind ½, step

- 1 – 2 Step forward left, touch right behind left
- 3 – 4 Step back on right, hook left in front of right
- 5 – 6 ¼ right stepping left to the side, touch right behind left
- 7 – 8 ½ unwind right, step forward on left

Sway x 2, behind, side, cross, sway x 2, run forward left, right, left

- 1 – 2 Sway right, sway left
- 3 & 4 Step right behind left, step left to left side, step right in front of left
- 5 – 6 Sway left, sway right
- 7 & 8 Run forward left, right left

Start Again

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