

One Call Away

拍數: 32 牆數: 4 級數: Easy Novice - smooth rhythm
編舞者: Sebastiaan Holtland (NL) - August 2015
音樂: One Call Away - Charlie Puth : (Single)



Introduction: Start dancing after his Acapella section approx. 22 sec.
Sequence: 32, 32, 32, 16, Restart, 32, 32, 32, 32, 8, ending.

Part I. [1-8] Step, ¼ R, Side, Anchor Step 1/8 L, Big Step Back, Drag, Hold, ½ Sailor Turn L.

1-2 Step R forward, Making ¼ turn R step L to L. (3:00)
3&4 Locked R behind L take weight onto R, recover back onto L, Making 1/8 turn L recover onto R. (1.30)
5-6 Step L big back drag on R, Hold. (Optional: Pushing Hips back)
7&8 Step R back, Making ½ turn L step L to L, Step R forward (7.30)

PART II. [9-16] Press, Sweep L, Anchor Step L, Sailor Touch, Cross & Cross.

1-2 Press L forward, recover back onto R and sweep L from front to back. (7.30)
3&4 Locked L behind R take weight onto L, recover back onto R, Making 1/8 turn L recover back onto R sweep R from front to back squaring up to (9:00).
5&6 Step R behind L, Step L to L, Touch R diagonal forward.
&7&8 Step R back in place, Step L across R, Step R slightly to R, Step L across R.
(See Sequence) Restart here WALL 4 after 16 counts (facing 9`clock), after start again (facing 6 o`clock).

PART III. [17-24] Side Rock, Recover, Behind, ¼ L, Recover, Side, Behind, & Together, Step, Together, Big Step Fwd, Small Side Touch.

1-2 Step R to R, Recover back onto L. (9:00)
3&4 Step R behind L, Making ¼ turn L (6) step L slightly to L, step R to R.
5&6& Step L behind R, Step R slightly together L to R, Making 1/8 turn L step L forward, Step R together L (4.30)
7-8 Step L big forward, touch R slightly out to R. (4.30)

PART IV. [25-32] 2x Sailor Step R-L, Back, 3/8 L, Step, ½ L, Back, ¼ L, Side.

1&2 Step R behind L, Step L to L, Step R to R.
3&4 Step L behind R, Step R to R, Step L to L.
5-6 Step R back, Making 3/8 turn L step L forward squaring up to (12:00).
7-8 Making ½ turn L (6) step R back, Continue ¼ turn L (3) step L to L.

REPEAT DANCE AND HAVE FUN!!!

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Last Update - 29th Aug 2015