

One Minute

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Jean-Pierre Madge (CH) - September 2015
音樂: One Minute Man by Missy Elliott



#1: Coaster Step, Ball Step ¼ Turn, Ball Step ¼ turn, Ball Side Rock

1&2 Coaster step R, L, R
&3-4 Ball step L forward, Step R forward, ¼ L (weight on R)
&5-6 Ball step L next to R, Step R forward, ¼ L (weight on L)
&7 Step R next L, Rock L to L
8 Recover on R

#2: Cross, ¼ Turn, Shuffle ¼ Turn, Rocking Chair, Out-Out In

1-2 Cross L over R, ¼ R step R forward
3&4 Shuffle L, R, L ¼ to R
5&6& Rock R forward, recover, Rock R back, recover
7& Step R out, Step L out
8 Pull both feet together

#3: Swivel Toes Heels Out, Bend Knees, Bump Up Twice R, Bend Knees, Bump Up Twice L, Bend Knees, Cross, Side Rock

1&2 Both toes out, Both heels out, bend knees
&3-4 Two hips bump R, Come back to the middle
&5-6 Two hips bump L, Come back to the middle
7&8 Cross L over R, Rock R to R, Recover on L

#4: Weave L, Cross Shuffle ¼, ½ L, Step, Hitch Twice Kick Twice

1&2& Cross R over L, Step L to L, Cross R behind L, Step L to L
3&4 Cross R over L, L to L, ¼ L Step R forward
5-6 Pivot ½ L (weight on L), Step R forward
7& Hitch twice L knee (Keep it up)
8& Kick twice L (Keep it up)

#5: Fwd Rock, Side Rock, Behind Side Cross, Fwd Rock, Side Rock, Behind, Swivel Heels

1&2& Rock L forward, recover, Rock L to L, recover
3&4 Step L behind R, Step R to R, Cross L over R
5&6&7 Rock R forward, recover, Rock R to R, recover, Step R back
&8 Swivel both heels to L, recover (weight on the R)

#6: Anchor Step, Anchor Step, Back, ½ R, Step, ¼ R

1&2 Anchor step L, R, L moving back
3&4 Anchor step R, L, R moving back
5-6-7 Step L back, ½ R Step R forward, Step L forward
&8 Swivel legs & lower body ¼ R, Swivel upper body & head ¼ R

#7: Sideways "Moonwalks" R, Sideways "Moonwalks" L with 1/4 Turn L

1-2 Drag L next to R, Push R to R,
3-4 Drag L next R, Push R to R and Rock
5-6 Push L to L, Drag R next L
7-8 Push L to L, ¼ L Drag R next L

#8: Kick & Jump 2x, Step ¼ Turn Together, Up, Hold, Down Down Down

1&2 Kick R to R diagonal, Prepare to jump, Jump to R diagonal with feet together
3&4 Kick L to L diagonal, Prepare to jump, Jump to L diagonal with feet together
5&6& Step R forward, Pivot $\frac{1}{4}$ L, R next to L, Heels up
7 Hold
&8& Drop heels, Bend knees a little, Bend knees a little more (weight on L)

Hope you enjoy this dance!
