

One Wing

拍數: 96 牆數: 2 級數: Advanced
編舞者: Fred Whitehouse (IRE) - January 2016
音樂: One Wing - Jordin Sparks : (Album: Sparkle)



Intro – 3 Counts (fast intro)

S1: Step sweep x 2,

1,2,3 Step LF forward, sweep RF from back to front over 2 counts
4,5,6 Step RF forward, sweep LF from back to front over 2 counts

S2: ½ diamond fall away

1,2,3 Cross LF over R, step RF back diagonal, step LF back diagonal (10.30)
4,5,6 Step RF back, step LF to L squaring up to 9.00, step RF forward diagonal (7.30)

S3: Step sweep x2

1,2,3 Step LF forward squaring up to 6.00, sweep RF from back to front over 2 counts
4,5,6 Step RF forward, sweep LF from back to front over 2 counts

S4: ½ diamond fall away

1,2,3 Cross LF over R, step RF back diagonal, step LF back diagonal (4.30)
4,5,6 Step RF back, step LF to L squaring up to 9.00, step RF forward diagonal (1.30)

S5: Step point x2

1,2,3 Step LF forward, point RF to R side (facing diagonal 1.30)
4,5,6 Step RF back, point LF to L side squaring up to 12 (as you look forward at 12.00)

S6: Weave, drag

1,2,3 Cross LF over R, step RF to R side, step LF behind R,
4,5,6 Step R to R side, drag LF towards R

S7: Drag, ½ twinkle turn

1,2,3 Step LF to L side, drag RF towards L
4,5,6 Cross RF over L, ¼ turn R stepping LF back (3.00), ¼ turn R stepping RF to R side (6.00)

S8: Step sweep, weave

1,2,3 Cross LF over R, sweep RF from back to front (6.00)
4,5,6 Cross RF over L, step LF to L side, step RF behind L

S9: Drag x 2

1,2,3 Step LF to L side, drag RF towards L
4,5,6 Step RF to R side, drag LF towards R making 1/8 turn R finish facing diagonal 7.30

S10: Forward turning basic

1,2,3 Step LF forward, ¼ turn L stepping RF to R side, ¼ turn L stepping LF back (dance on the diagonal)
4,5,6 Step RF back, ¼ turn L stepping LF to L side, ¼ turn L stepping RF forward (7.30)

RESTART HERE: walls 2 & 4 facing 12.00

S11: Sway forward, sway back with prep

1,2,3 Rock forward on LF (over 3 counts)
4,5,6 Recover on to RF (prep body to R)

S12: ½ pencil turn L, Full turn forward

1,2,3 Make ½ turn L placing weight on LF closing RF next to L (pencil turn)
4,5,6 Step forward RF, ½ turn R stepping LF back, ½ turn R stepping RF forward (1.30)

S13: Walk x2

1,2,3 Walk forward on LF drag R
4,5,6 Walk forward on RF drag L

TAG during wall 5

S14: Forward turning basic

1,2,3 Step LF forward, ¼ turn L stepping RF to R side, ¼ turn L stepping LF back (dance on the diagonal)
4,5,6 Step RF back, ¼ turn L stepping LF to L side, ¼ turn L stepping RF forward (1.30)

S15: Sway forward, sway back with prep

1,2,3 Rock forward on LF (over 3 counts)
4,5,6 Recover on to RF (prep body to R)

NOTE: On this section of rocks feel free to double clap as you rock forward and double clap as you prep. You will hear the big beats the first 2 times you dance this section but not on the third!

S16: ½ pencil turn L, Full turn forward

1,2,3 Make ½ turn L placing weight on LF closing RF next to L (pencil turn)
4,5,6 Step forward RF, ½ turn R stepping LF back, ½ turn R stepping RF forward (7.30)

To start the dance again square up to 6.00 as you take the first step on LF.

TAG: [18 counts] Happens during wall 5 (AFTER S13)

Monterey point hold, spiral full turn, sweep

1,2,3,4, Step LF forward to 12.00, point RF to R side hold until count 4
5,6 Make full Spiral turn R keeping weight on L, step RF forward sweeping LF from back to front

Monterey point hold, spiral full turn, sweep

1,2,3,4, Step LF forward to 12.00, point RF to R side hold until count 4
5,6 Make full Spiral turn R keeping weight on L, step RF forward sweeping LF from back to front

Walk x2

1-6 Cross LF forward, cross RF forward. (2 slow cross walks)

Hope you enjoy this little waltz
