

Not The Only One

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Heather Barton (SCO) - May 2016
音樂: Heartbreaker - Aurn : (iTunes and amazon)



Intro... 32 counts start on vocals

[1-8] □ Walk R, L, Cross Samba, Cross, Side, ¾ Unwind

1,2 Step fwd Right, step fwd Left
3&4 Cross Right over Left, rock Left to left side, recover Right
5,6 Cross Left over Right, step Right to right side
7,8 Place Left behind Right, unwind ¾ turn left (weight on Left) 3 o'clock

[9-16] Rock R Forward, Rec, ¼ Chasse R, Cross Left, Side Right, Sailor ¼ Left

1,2 Rock fwd Right, rec left
3&4 ¼ turn right step right to right side, step left beside right, step right to right side
5,6 Cross left over right, step right to right side
7&8 ¼ turn place left behind right, step right to right side, step left to left side - ***** - 3 o'clock

[17-24] R Kick Ball Step Fwd, Twist ½ Right, Coaster Right, Shuffle Fwd Left

1&2 Kick right fwd, place right beside left, step fwd left
3&4 Twist both heels ½ turn right (weight on left)
5&6 Step back right, place left beside right, step fwd right
7&8 Step fwd left, place right beside left, step fwd left - 9 o'clock

[25-32] Cross Right , Point left, Cross Left, Point Right, Jazz ¼ Turn R

1,2 Cross right over left, point left to left side
3,4 Cross left over right, point right to right side
5,6 Cross Right over Left, step back Left
7,8 ¼ turn right stepping Right to right side, step Left forward - 12 o'clock

[33-40] Heel Switches R & L Fwd, Toe Switches Side R x2, Heel Switches L & R, Toe Switches L x2

1&2 Tap Right heel forward, bring Right to Left, tap Left heel forward
&3,4 Bring Left beside Right, tap Right toe to right side twice
&5&6 Bring Right beside Left, tap Left heel forward, bring Left to Right, tap Right heel forward
&7,8 Bring Right to Left, tap Left toe to left side twice - 12 o'clock

[41-48] □ Sailor L, Sailor R, Cross Touches, Ball Cross R (Moving Back)

1&2 Cross Left behind Right, step Right to Right side, step Left to left side
3&4 Cross Right behind Left, step Left to Left side, step Right to right side
5&6 Cross tap Left over Right (5), step down on Left (&), cross tap Right over Left (6)
&7&8 Step Right beside Left (&) cross tap Left over Right (7), step Left beside Right (&), cross step right over left (8)

[49-56] □ (Figure 8) Side, Behind, ¼ Turn, Step, Pivot ½, ¼ Turn, Behind, ¼

1,2 Step left to left side, step right behind left
3,4 ¼ turn left, step fwd right
5,6 Pivot ½ turn left, ¼ turn left step right to right side
7,8 Cross left behind right, ¼ turn right step right fwd - 3 o'clock

[57-64] □ Syncopated Rocks Left & Right, Funky walk backs (RLRL)

1-2& Rock left fwd, rec right

3,4 place left beside right , rock fwd right, rec left step back
5&6& Step R back twist both heels out & in, step L back twist both heels out & in
7&8 Step R back twist both heels out & in, step L back twist both heels out & in weight on left - 3
 o'clock

(The funky steps are mash potatoes moving back)

Restart/Tag on wall 6 dance first 16 counts *** Then hold for 4 counts Restart the dance
You will be facing 6 o'clock**

Last Update – 10th May 2016
