

One Person

拍數: 32 牆數: 2 級數: Improver
編舞者: Sheila Walmsley (UK) - September 2016
音樂: You're the World - The Bellamy Brothers : (CD: The Lost Tracks)



S1: Shuffle step, Mambo Back Tap, Shuffle step,. Step1/4 Cross.

1 & 2 Step forward right,close left at side of right.step forward right
3 & 4 & Rock forward on left,Recover on right, Step back left, Tap right across Left Foot
5 & 6 Step forward right,close left at side of right.step forward right
7 & 8 Step forward Left,pivot1/4turn right taking weight onto Right, Cross Left over Right

S2: Out in out, Behind side Cross, Out in out, Behind side Cross

1 & 2 Tap right to right side.Tap right next to Left, Tap right to right side.
3 & 4 Cross right behind left. step left to left side, Cross right over left
5 & 6 Tap Left to left side,Tap left next to right. Tap left to left side
7 & 8 Cross Left behind right, Step right to right side.Cross left over right

S3: Step Touch, Step Touch, Shuffle Step. Step Touch, Step Touch, Shuffle Step

1 & 2 & Step forward right, Touch left beside right. Step forward left, Touch right beside left. With claps
3 & 4 Step forward right,close left at side of right.step forward right
5 & 6 & Step forward left. Touch right beside. Step forward right. Touch left beside. With claps
7 & 8 Step back on the left, Close right beside left. Step back on the left

S4: Right Heel Dig, Left Heel Dig, Monterey 1/4 Turn Right Point left, Together

1 & 2 & Dig right heel forward, Step right next to left. Dig left heel forward. Step left next to right
3 & 4 & Point right to right side.Turn1/4 right stepping right next to left Point left to left side. Step left next to right
5 & 6 & Dig right heel forward, Step right next to left. Dig left heel forward. Step left next to right
7 & 8 & Point right to right side. Step right next to left. Point left to left side Step left next to right

Tag: end of Wall 4 - 12o'clock,

Forward rock Triple step. Forward rock Triple step. Restart.

1 2 3 & 4 Rock forward on right Recover left Triple on the spot, Right Left Right
5 6 7 & 8 Rock forward on left,Recover on right, Triple on the spot Left Right Left

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