

One Word

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Kim Ray (UK) - October 2016
音樂: You Had Me from Hello - Kenny Chesney



#16 count intro

S1: □BACK, COASTER STEP, STEP PIVOT ¼ TURN LEFT, SIDE, EXTENDED WEAVE RIGHT, SWEEP

- 1 Step back on right
- 2&3 Step back on left, step right next to left, step forward on left
- 4&5 Step forward on right, pivot ¾ turn left, step right to right side (3:00)
- 6&7& Cross left behind right, step right to right side, cross left over right, step right to right side
- 8 Step back on left and slightly behind right sweeping right out and back

S2: □BACK SWEEP, COASTER STEP, FORWARD ROCK/RECOVER, ¼ TURN RIGHT SWAY, SWAY LEFT, ¼ TURN RIGHT, FULL TURN RIGHT

- 1 Step back on right
- 2&3 Slightly sweeping left out and back step back on left, step right next to left, step forward on left
- 4&5 Rock forward on right, recover back on left, ¼ right and sway to right side looking to right side (6:00)
- 6-7 Sway left looking to left side, as you sway back onto right ¼ turn right (9:00)
- 8& ½ turn right stepping back on left, ½ turn right stepping forward on right (9:00)

S3: □STEP PIVOT ½ TURN RIGHT, & STEP FORWARD, SIDE ROCK/RECOVER, CROSS, HINGE ½ TURN LEFT, CROSS ROCK/RECOVER, SIDE, CROSS

- 1-2 Step forward on left, pivot ½ turn right (3:00)
- &3 Step left next to right, step forward on right
- 4&5 Rock left to left side, recover on right, cross left over right
- 6& ¼ turn left stepping back on right, ¼ turn left stepping left to left side (9:00)
- 7& Cross rock right over left, recover back on left
- 8& Step right to right side, cross left over right

S4: □NC BASIC RIGHT, ¼ TURN LEFT, FORWARD, FORWARD ROCK/RECOVER, SIDE ROCK/RECOVER, CROSS & TOGETHER

- 1 Large step to right to right side
- 2& Rock back on left, recover on right slightly crossing right over left
- 3-4 ¼ turn left stepping forward on left, step forward on right (6:00)
- 5&6& Rock forward on left, recover on right, rock left to left side, recover on right
- 7&8 Cross left over right, step right to right side facing left diagonal, step left next to right

S5: □CROSS, COASTER ¼ TURN RIGHT, ½ TURN LEFT, CROSS ROCK/RECOVER, & CROSS, ½ TURN RIGHT, CROSS

- 1 Cross right over left
- 2&3 ¼ turn right stepping back on left, step right next to left, cross left over right (9:00)
- 4& ¼ turn left stepping back on right, ¼ left stepping left to left side (3:00)
- 5-6 Cross rock right over left, recover back on left
- &7 Step right next to left, cross left over right
- &8& ¼ turn left stepping back on right, ¼ turn left stepping left to left side, cross right over left (9:00)

S6: □NC BASIC LEFT, NC BASIC RIGHT, ¼ TURN LEFT FORWARD ROCK/RECOVER, & FORWARD ROCK/RECOVER, REVERSE FULL TURN RIGHT

- 1-2& Large step left to left side, rock back on right, recover on left slightly crossing left over right
3-4& Large step right to right side, rock back on left, recover on right slightly crossing right over left
5-6& ¼ left and rock forward on left, recover back on right, step left next to right (6:00)
7& Rock forward on right, recover back on left
8& ½ turn right stepping forward on right, ½ turn right stepping back on left (alternative: run back on right and left) (6:00)

TAG at end of wall 2 facing front

BACK, COASTER STEP, SYNCOPATED PIVOT ½ TURN LEFT, PIVOT & TURN LEFT, & FORWARD ROCK/RECOVER

- 1 Step back on right (12:00)
2&3 Step back on left, step right next to left, step forward on left
4&5 Step forward on right, pivot ½ turn left, step forward on right (6:00)
6-7 Step forward on left, pivot ½ turn right (12:00)
&8& Step left next to right, rock forward on right, recover back on left

To finish – dance up to counts 4& S5 making the last ¼ turn left a ½ turn left to face front.

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