

Only You

拍數: 32 牆數: 4 級數: Beginner
編舞者: Brandi Hughes (CAN) - November 2016
音樂: Only You (Radio Twist Mix) - Captain Jack



Sec 1. Crossing Heel Grind, Step (x2), Jazz Box, Hold

- 1-2 Cross Left Heel over right foot (1), Rotate Left Heel from 1:30 - 10:30 while Stepping Right Foot to right side (2)
- 3-4 Repeat counts 1-2
- 5-6 Cross Left Foot over right (5), Step Right Foot back (6)
- 7-8 Step Left Foot beside right (7), Hold (8)

Sec 2. Crossing Heel Grind, Step (x2), Jazz Box ¼ Turn, Touch

- 1-2 Cross Right Heel over left foot (1), Rotate Right Heel from 10:30 - 1:30 while Stepping Left Foot to left side (2)
- 3-4 Repeat Counts 1-2
- 5-6 Cross Right Foot over left (5), Step Left Foot back making ¼ turn right (3:00) (6)
- 7-8 Step Right Foot beside left (7), Touch Left Foot beside right (8)

Sec 3. Lock Step Forward, Kick, Lock Step Forward, Kick

- 1-2 Step Left Foot forward on the left diagonal (1), Step Right Foot behind left heel (2)
- 3-4 Step Left Foot forward on the left diagonal (3), Kick Right Foot forward on the right diagonal (4)
- 5-6 Step Right Foot forward on the right diagonal (5), Step Left Foot behind right heel (6)
- 7-8 Step Right Foot forward on the right diagonal (7), Kick Left foot forward to the right diagonal (8)

Sec 4. Rocking Chair, ½ turn Bounce

- 1-2 Step Left Foot forward on the Right diagonal (1), Recover weight back on Right Foot (2)
- 3-4 Step Left Foot back on the right diagonal (3), Recover weight forward on Right Foot (4)
- 5-8 Lifting Left toe off the floor make 1/8 jump turn on Right foot (5), Repeat 3x (6,7,8) to face 9:00

Start Again and Enjoy!

Alternate Options for the Last 4 Counts!

Chugs:

- 5-8 Keeping Right toe in place step out left 1/8 and push off Left foot 1/8 (5) (Repeat 3 more times to face 9:00)

Paddle Turns:

- 5-8 Keeping Right toe in place Point Left to left side making ¼ turn (5), Touch Left toe beside right (6), Point Left to left side making ¼ turn right (7) Touch Left toe beside right (8)

Ending: Last rotation starts on 12:00 wall...(the music went into a "slowdown" and then the chorus will kick in one last time...the last rotation starts on 12:00 when this happens). Do the first 28 counts (up to the Rocking Chair) and take 2 big bounces on Counts 29 & 30 (instead of 4 small ones) to make a ¾ turn to face front wall...Step Left foot forward and raise both Hands up...Tada!