

I Got One Shot

拍數: 48 牆數: 2 級數: Beginner
編舞者: Esmeralda van de Pol (NL) - November 2016
音樂: One Shot (feat. Juicy J) - Robin Thicke



Intro : 48 counts

SIDE, HOLD, TOGETHER, HOLD, SHUFFLE FWD, HOLD

1-2 Step RF to R side, Hold
3-4 Step LF next to RF, Hold
5-6-7 Step RF fwd, Step LF next to RF, Step RF fwd
8 Hold

SIDE, HOLD, TOGETHER, HOLD, SHUFFLE BACK, HOLD

1-2 Step LF to L side, Hold
3-4 Step RF next to LF, Hold
5-6-7 Step LF back, Step RF next to LF, Step LF back
8 Hold

BACK ROCK WITH HOLDS, CHASSE R, HOLD

1-2 Rock RF back, Hold
3-4 Recover weight on LF, Hold
5-6-7 Step RF to R side, Step LF next to RF, Step RF to R side.
8 Hold

CROSS, HOLD, SIDE ROCK, STEP FWD, HOLD, ½ TURN L, HOLD

1-2 Cross LF over RF, Hold
3-4 Rock RF to R side, Recover weight on LF
5-6 Step RF fwd, Hold
7-8 ½ turn L-weight on LF, Hold

CHASSE ¼ TURN R, HOLD, PIVOT ½ TURN R, HOLD

1-2-3 Step RF to R side, Step LF next to RF, ¼ turn R-step RF fwd
4 Hold
5-6 Step LF fwd, Hold
7-8 ½ turn R-weight on RF, Hold

STEP HITCH, STEP HITCH, ¾ TURN L, HOLD

1-2 Step LF fwd, Hitch R knee
3-4 Step RF fwd, Hitch L knee
5-6-7 Walk ¾ turn L, L-R-L
8 Hold

(Easy option counts 1-4 Lockstep fwd with hold)

Restart: 10th wall after 32 counts.

Ending : You will facing 06.00 o'clock, make a extra half turn with walks to end the front wall

Last Update – 15th Dec 2016