

One Shot

拍數: 80 牆數: 4 級數: Phrased Intermediate
編舞者: Daan Geelen (NL) - February 2017
音樂: One Shot (feat. Juicy J) - Robin Thicke



Phrasing: A B B B, A B B B, A TAG, A B B B, A(32) RESTART A TAG A

Part A is always facing 12 o'clock, also after the Tag and Restart

Part B is always facing the 3, 6 and 9 o'clock wall

PART A: 48 counts

A[1 – 8] Kick, Behind, Side, Cross, Kick, Behind, Side, Step Fwd

1234 Kick R Diagonal to Rightside, Step R behind L, Step L to Leftside, Cross R over L

5678 Kick L Diagonal to Leftside, Step L behind R, Step R to Rightside, Step L Fwd

A[9 – 16] Step Fwd, Hold, Pivot, Hold, Step, Pivot, Step, Hold

1234 Step R Fwd, Hold, Pivot ½ Turn Left, Hold (weight ends on L)

5678 Step R Fwd, Pivot ½ Turn Left, Step R Fwd, Hold

A[17 – 24] Mambostep, Hold, Coasterstep, Hold

1234 Rock L Fwd, Recover to R, Step L Back, Hold

5678 Step R Back, Close L next to R, Step R Fwd, Hold

A[25 – 32] Lockstep Fwd, Hold, Mambostep Back, Kick

1234 Step L Fwd, Close R next to L, Step L Fwd, Hold

5678 Rock R Fwd, Recover to L, Step R Back, Kick L Fwd

* Restart here after 32 counts - Only Mambo step R, and start Part A again

A[33 – 40] Step, Kick, Step, Kick, CoasterStep, Hold

1234 Step L Back, Kick R Fwd, Step R Back, Kick L Fwd

5678 Step L Back, Close R next to L, Step L Fwd, Hold

A[41 – 48] ¼ Rock & Cross, Hold, ½ Hing Turn Cross, Hold

1234 ¼ Turn Left Rock R to Rightside, Recover to L, Cross R over L, Hold

5678 ¼ Turn Left Step L Back, ¼ Turn Right Step R to Rightside, Cross L over R, Hold

** Tag: Dance untill count 5. Step R to Rightside, Cross L over R, Hold 12.00

PART B: 32 counts

B[1 – 8] Touch Out, Touch Cross, Touch Out, Hold, Behind, Side, Cross, Hold

1234 Touch R to Rightside, Touch R over L, Touch R to Rightside, Hold

5678 Step R behind L, Step L to Leftside, Cross R over L, Hold

B[9 – 16] Rock, Recover, Cross, Side, Behind, Side, Step Diagonal Fwd, Hold

1234 Rock L to Leftside, Recover to R, Cross L over R, Step R to Rightside

5678 Step L behind R, Step R to Rightside, Step L to right Diagonal Fwd, Hold

B[17 – 24] Step, Hold, Pivot, Hold, Lockstep, Hold

1234 Step R Fwd, Hold, Pivot ½ Turn Left, Hold

5678 Step R Fwd, Close L next to R, Step R Fwd, Hold

B[25 – 32] Step, Hold, Pivot, Hold, Side, Close, Cross, Hold

1234 Step L Fwd, Hold, Pivot ½ Turn Right, Hold

5678 Step L 1/8 Turn R to Leftside, Close R next to L, Cross R over L, Hold

Enjoy!!!

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