

The One

拍數: 32 牆數: 4 級數: Intermediate
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音樂: The One - Gary Allan



Intro : 8+ 5 counts

[1-8] Basic NC righth, 1/4 Turn Left, Step, 1/4 turn Left, cross, 1/4 turn Right, 3/8 turn Right, cross left, Step, recover

1-2 & 3 Step right, step left beside right (3rd position), cross right over left, 1/4 turn left Step forward
4 & 5 Step right forward, 1/4 turn to left, cross right over left
6 & 7 1/4 turn right step left back, 3/8 turn right step right, cross left over right (1:30)
8 & Step right forward, recover weight on left

Restart here at 6H 3rd wall

On recover: make 1/8 L to face 6H

[9-16] Back Sweep R, Back sweep L, Back rock 1/2 turn Left, Back Rock, Step L, 1/2 turn Left, 1/2 turn Left

1-2 sweep FR (forward to back), sweep FL (front to back)
3 & 4 Step right back, recover weight on left , pivot 1/2 turn right behind right (7:30)
5-6-7 Step back on left, recover weight on right, step left forward
8 & 1/2 turn L footR back, 1/2 turn left foot L forward

[17-24] Step R, Step L, Recover, 1/8 Left Side, Cross, Big side, Back rock, Pivot 1/2 turn Left, Back

1-2-3 Step R forward, step L forward, recover weight on right
4 & 5 1/8 turn left step left to left, cross right over left, big step left to left (6H)
6-7 Step back left, recover weight on left
8 & Pivot 1/2 Turn to left, step back on left (12H)

[25-32] Back, recover, walk R, Walk L, Step, 3/8 Turn L, Cross, Step L, Step R, 1/8 Turn R recover

1-2 Step back right, recover weight on left
3-4 Walk R ,Walk L (wagging)
5 & 6 Step right, 3/8 turn left, cross right over left (7:30)
7-8 & Step left, step right, recover weight on left with 1/8 turn right (9H)

Final

On count 7 of last block

Make 1/8 turn left over left

Danser, c'est comme parler en silence. C'est dire plein de choses sans dire un mot.

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