

One Dance

拍數: 32 牆數: 2 級數: Newcomer
編舞者: Amélie Jammart (BEL) & Paul Steinborn (DE) - February 2017
音樂: "One Dance" By Alex Aiono



Intro: 32 Counts

Samba Step 2x, Mambo Step Froward, ½ Turn, Toe Strut Forward With Hips Bump.

1 Rf Step Side
&
2 Lf Rock Step Back
3 Rf Recover
&
4 Lf Step Side
&
5 Rf Rock Step Back
6 Lf Recover
7 Rf Rock Step Forward
&
8 Lf Recover
9 Rf Step ½ Turn Right
10 Lf Step Toe Forward With Hips Bump
11 Lf Drop Heel

Cross Samba 2x, Cross, Step ¼ Turn, Chasse ¼.

1 Rf Cross Over Lf
&
2 Lf Step Out
3 Rf Step Out
&
4 Lf Cross Over Rf
5 Rf Step Out
&
6 Lf Step Out
7 Rf Cross Over Lf
8 Lf Step ¼ Turn Back (Face To 9am)
9 Rf Step ¼ Turn Side (Face To 12am)
10 Lf Step Next To Rf
11 Rf Step Side

Walk Forward 1/8 Turn, Walk Forward, Mambo Step, Hitch Back 2x, Touch Side With 1/8 Turn, Body Roll, Ball Step.

1 Lf Step Forward With 1/8 Turn (1.30am)
2 Rf Step Forward
3 Lf Rock Forward
&
4 Rf Recover
5 Lf Step Back
6 Rf Hitch Step Back
7 Lf Hitch Touch Side 1/8 Turn (12pm)
8 Body Roll
9 Rf Ball
10 Lf Step Side

Press Step Forward, Sweep, Sailor Step 1/8, Tiny Step 1/8 Turn, Tiny Step, ¼ Turn With 3 Tiny Step.

1 Rf Press Step Forward
2 Rf Sweep Back
3 Rf Cross Behind Lf
&
4 Lf Step Out
5 Rf Step Out With 1/8 Turn

5 Lf Tiny Step With 1/8 Turn
6 Rf Tiny Step Forward
7&8 Lf And Rf ¼ Turn With 3 Tiny Step
& Lf Hold

Tag: Wall 3 And 8 Change Count 16:

Chasse

7 Rf Step ¼ Turn Side (Face To 12am)
& Lf Step Next To Rf
8 Rf Touch Next To Lf

And Restart The Dance.

Contact: ameliejammart@outlook.be
