

2 Become 1

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Alison Metelnick (UK) & Peter Metelnick (UK) - February 2017
音樂: 2 Become 1 - Spice Girls



Start after 16 count intro approx. 15secs [- 144bpm – 4mins 05secs]

Music Available from Amazon

[1-8&] R fwd, L mambo sweep, R behind-side-cross, L step touch side, L behind, ¼ R fwd

1-2&3 Step R forward, rock L forward, recover weight on R, stepping L back sweep R from front to back

4&5 Cross step R behind L, step L side, cross step R over L

6&7 Step L side, touch R together, step R side

RESTART: During walls 3, 6 & 9 facing front wall, dance first 7 counts taking a big step to the right dragging L together and restart

8& Cross step L behind R, turning ¼ step R forward (3 o'clock)

[9-16&] L fwd rock/recover, ¼ L side, R fwd rock/recover, ½ R, full R spiral, R fwd, L fwd, ¼ R pivot turn, L cross step, R side

1-2& Rock L forward, recover weight on R, turning ¼ left step L side (12 o'clock)

3-4& Rock R forward, recover weight on L, turning ½ right step R forward (6 o'clock)

5-6 Stepping L forward spiral R full turn, step R forward

7& Step L forward, pivot ¼ right (9 o'clock)

8& Cross step L over R, step R side

[17-24&] L back rock, recover, ½ L & R point, R cross-L back-R back, ¼ L, ¼ L, R fwd, ¼ L pivot turn, R cross step

1-2&3 Rock L back, recover weight on R, turning ¼ left step L forward (6 o'clock), continuing to turn another ¼ left point R side (3 o'clock)

4&5 Cross step R over L, step L back, step R back body facing right diagonal

6& Cross step L over R, turning ¼ left step R back (12 o'clock)

7& Turning ¼ left step L forward (9 o'clock), step R forward

8& Pivot ¼ left (6 o'clock), cross step R over L

[25-32&] L NC basic, R NC basic with ¼ turn L, R fwd, ½ L pivot turn, R fwd, ¼ L pivot turn, R fwd lock step

1-2&3 Step L side, rock R back, recover weight on L, step R to right side

4&5 Rock L back, recover weight on R, turning ¼ left step L forward (3 o'clock)

6& Step R forward, pivot ½ left (9 o'clock)

7& Step R forward, pivot ¼ left (6 o'clock)

8& Step R forward, lock L behind R

BIG ENDING: Dance up to count 14, forward spiral you will be facing 12 o'clock & step L forward as you strike a pose!

Website: www.thedancefactoryuk.co.uk Email: info@thedancefactoryuk.co.uk

Last Update – 14th April 2017

Please Note: we like to check and approve all Videos of our dances before they are linked to this site.- A&P