

Only Human

拍數: 48 牆數: 2 級數: Advanced
編舞者: Alison Metelnick (UK) & Peter Metelnick (UK) - February 2017
音樂: Only Human - Delta Goodrem



Start after 16 count intro approx. 17 secs – 82bpm – 3mins 28secs

Music Available: Amazon

[1-8&a] L fwd & sweep, R jazz box cross, L full reverse turn, L cross rock/recover, L ball cross, ¾ circle run L
1-2&a3 Step L forward whilst sweeping R front back to front, cross step R over L, step L back, step R side, cross step L over R
4&a Turning ¼ left step R back, turning ½ left step L forward, turning ¼ left step R side (12 o'clock)
5-6&7 Cross rock L over R, recover weight on R, step L side, cross step R over L (body left)
8&a Turn ¾ left running L, R, L (3 o'clock)

[9-16&a] Cross walk fwd 2, R fwd, L fwd rock/press, R coaster cross, R scissor, ¾ R spiral, R fwd lock
1-2&3 R fwd cross walk, L fwd cross walk, step R forward, rock L forward
4&a5 Recover weight on R, step L back, step R together, cross step L over R
6&a7 Step R side, step L together, cross step R over L, step on L execute a ¾ R spiral (12 o'clock)
8&a Step R forward, step L together/lock, step R forward

[17-24&a] L fwd, ¼ R pivot turn, L cross step, R NC basic, R back rock/recover, ¼ L, ½ L, R fwd, L fwd mambo
1-2&3 Step L forward, pivot ¼ right, cross step L over R, step R side
4&a5 Rock L back, recover weight on R, step L side, rock R back
6&a7 Recover weight on L, turning ¼ left step R back, turning ½ left step L forward, step R forward (6 o'clock)
8&a Rock L forward, recover weight on R, step L back

[25-32&a] R & L back with sweeps, ¼ R & point L side, ¼ L, R fwd, ¾ L hitch, L side rock/recover, L behind/side/cross, R side rock/recover/cross
1-2 Step R back sweeping L front to back, step L back sweeping R front to back
&3 Turning ¼ right step R side, point L side (9 o'clock)
4&a5 Turning ¼ left step L down (6 o'clock), step R forward, hitching left turn ¾ left (9 o'clock), rock L side
6&a7 Recover weight on R, cross step L behind R, step R side, cross step L over R
8&a Rock R side, recover weight on L, cross step R over L turning body toward diagonal (7 o'clock)

[33-40&a] On diagonal: L fwd, R fwd ½ L chase turn, step L into R full spiral, R fwd lock, L rock fwd/recover, ¼ L, R fwd rock/recover, ½ R & R fwd, L fwd
1-2&a Towards diagonal step L forward, step R forward, pivot ½ left, step R forward (1 o'clock)
3-4&a Step L forward and spiral full turn R, step R forward, lock L behind R, step R forward
5-6& Rock L forward, recover weight on R, turning ¼ left step L side toward diagonal (11 o'clock)
7-8&a Rock R forward, recover weight on L, turning ½ right step R forward, step L forward (5 o'clock)

[41-48&a] On diagonal: R fwd, L fwd ½ R chase turn, step R into L full spiral, L fwd lock step, R fwd rock/recover ½ R, R to R side squaring to wall, L fwd rock/recover turning ¼ left, ¼ L, L fwd, R fwd
1-2&a Step R forward, step L forward, pivot ½ right, step L forward (11 o'clock)
3-4&a Step R forward and spiral full turn L, step L forward, lock R behind, step L forward
5-6& Rock R forward, recover weight on L, turning ½ right step R side (12 o'clock)

7-8&a Rock L forward, recover weight on R turning ¼ left, turning ¼ left step L forward, step R forward (6 o'clock)

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