

One Two Three

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Rob Fowler (ES) & Kate Sala (UK) - April 2017
音樂: One Two Three - Carlos Bertonatti : (Album: 'Times Are Good')



Intro: 16 Counts/ starting on vocals.

S1: Cross, Diagonal Back, Side, Cross, Side Rock, Recover & Scissor Step On Diagonal.

1 - 4 Cross step R over L. Step L back to left diagonal. Step R to right side. Cross step L over R.
5 6 & Rock R out to right side. Recover on to L. Step R next to L.
7 & 8 Step L to left side. Step R next to L. Cross step L forward to right diagonal.

S2: Step 1/2 Turn Left, Full Turn Left, Step Forward, Step Pivot 1/2 Turn Right, Step.

1 - 2 Still facing right diagonal step forward on R. Pivot 1/2 turn left. (7:30, back diagonal)
3 - 4 Turn 1/2 left stepping back on R. Turn 1/2 left stepping forward on L. (7:30)
5 - 6 Step forward on R. Step forward on L.
7 - 8 Pivot 1/2 turn right. Step forward on L. (Facing 1:30, front diagonal)

S3: Step, Spiral Full Turn & Side Step, Drag, Ball Cross, Modified Weave Left.

1 - 2 Still facing 1:30 step forward on R. Spiral full turn left on ball of R.
& 3 4 Step down on L. Long step on R out to right side facing 12:00. Drag L towards R.
& 5 6 Step down on ball of L. Cross step R over L. Step L to left side.
7 & 8 Cross step R behind L. Step L to left side. Cross step R over L.

S4: Turn 1/2 Left, 1/4 Left, 1/4 Left With Cross Shuffle, Step Right, Swivel L Heel In, Swivel R Heel In, Circle Hips Anti-Clockwise.

1 - 2 Turn 1/2 left stepping forward on L. Turn 1/4 left stepping forward on R.
3 & 4 Turn 1/4 left cross stepping L over R. Step R to right side. Cross step L over R. (12:00)
5 & 6 Step on R to right side. Swivel L heel In. Swivel L heel back to centre.
& 7 8 Swivel R heel in. Swivel R heel back to centre while rolling hips anti-clockwise.

(Weight ends on L foot). *Restart from here during wall 1, 2 & 7, facing front wall.

S5: Walk Back x 2, Coaster Step, Step, Side Touch, Turn 3/4 Right With Sweep.

1 - 2 Walk back on R, L.
3 & 4 Step back on R. Step L next to R. Step forward on R.
5 6 Step forward on L. Point R toe out to right side.
7 8 Pivot 3/4 Turn right stepping R in place. Sweep L out & round to left side.

S6: Cross, Side, Sailor Step, Cross, Hitch Ball Cross & Turn 1/2 Left With Sweep.

1 - 2 Cross step L over R. Step R to right side. (9:00)
3 & 4 Cross step L behind R. Step R to right side. Step L out to left side.
5 Cross step R over L.
6 & 7 Hitch L knee up. Step down on ball of L. Cross step R over L.
& 8 Turn 1/2 left stepping down on L and sweeping R round from back to front. (3:00)

* Restarts: During walls 1, 2 and 7, restart the dance from the beginning after count 32.