

One Hundred

拍數: 104 牆數: 2 級數: Phrased Advanced
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音樂: You Can Depend On Me - Restless Heart



Sequence: intro (4 times) Tag1 AB AAB Tag2 A* final

INTRODUCTION:

[IS1] VAUDEVILLE LEFT, VAUDEVILLE RIGHT

1-2 Cross Right Over Left, Step Left Diagonally Back To Left
3-4 Touch Right Heel Diagonally Forward, Step Right On Place
5-6 Cross Left Over Right, Step Right Diagonally Back To Right
7-8 Touch Left Heel Diagonally Forward, Step Left On Place

[IS2] TOUCH TOE, FULL TURN RIGHT, STOMP LEFT, HOLD, STOMP RIGHT, HOLD

1-2 Touch Right Toe Back, Turn 1/2 Right
3-4 Touch Right Heel A Little Forward, Turn 1/2 Right
5-6 Stomp Left Little Forward, Hold
7-8 Stomp Right Beside Left, Hold

[IS3] SCISSOR RIGHT, HOLD, SCISSOR LEFT, HOLD

1-2 Rock On Right To Right Side, Step Left Beside Right
3-4 Cross Right Over Left, Hold
5-6 Rock On Left To Left Side, Step Right Beside Left
7-8 Cross Left Over Right, Hold

[IS4] TOUCH HEEL, HOLD, STEP BACK, HOLD, COASTER STEP LEFT, SCUFF

1-2 Touch Right Heel Forward, Hold
3-4 Step Right Back, Hold
5-6 Step Left Back, Step Right Beside Left
7-8 Step Left Forward, Scuff Right Beside Left

PART A: 64 counts (after Tag2 to do part A* until 7th count of the 6th sequence)

[AS1] JUMPING 2 KICKS RIGHT, CROSS, 2 KICKS (RIGHT, LEFT), CROSS, 2 KICKS (LEFT, RIGHT)

1-2 Jumping On Left And Kick Right Forward (Twice)
3-4 Jumping Cross Right Over Left, Step Left Back And Kick Right Forward
5-6 Step Right Back And Kick Left Forward, Cross Left Over Right
7-8 Kick Left Forward, Kick Right Forward

[AS2] JUMPING STEP AND HOOK, 2 KICKS (RIGHT, LEFT), JAZZ BOX LEFT, STOMP RIGHT (TWICE)

1-2 Jumping To Right Side And Cross Right Over Left, Jump On Left And Kick Right Forward
3-4 Step Right Back And Kick Left Forward, Cross Left Over Right
5-6 Step Right Back And Kick Left Forward, Step Left To Left Side
7-8 Stomp Up Right Beside Left, Stomp Right To Right Side

[AS3] SWIVEL FEET (LEFT, RIGHT), KICK, HOOK, KICK (TWICE)

1-2 Swivel Left Foot To Right Side (Heel, Toe)
3-4 Swivel Right Foot To Left Side (Heel, Toe)
5-6 Kick Right Forward, Hook Right Over Left
7-8 Kick Right Forward (Twice)

[AS4] ROCK BACK RIGHT, STOMP (TWICE), HEEL SWIVELS

- 1-2 Jumping Rock Back On Right And Kick Left Forward, Return Onto Left
- 3-4 Stomp Up Right Beside Left, Stomp Right Forward
- 5-6 Swivel Both Heels To Right Side, Return Both Heels To Centre
- 7-8 Repeat 5-6

[AS5] DIAGONALLY STEPS WITH STOMP UP, KICK, STOMP UP, KICK BACK, SCUFF

- 1-2 Step Left Diagonally Forward To Left, Stomp Up Right Beside Left
- 3-4 Step Right Diagonally Back To Right, Stomp Up Left Beside Right
- 5-6 Kick Left Forward, Stomp Up Left Beside Right
- 7-8 Kick Left Back, Scuff Left Beside Right

[AS6] LOCK FORWARD LEFT, STOMP, SWIVEL RIGHT FOOT (TOE, HEEL, TOE), HOOK AND SLAP

- 1-2 Step Left Forward, Lock Right Behind Left
- 3-4 Step Left Forward, Stomp Right Beside Left
- 5-6 Swivel Right Foot To Right Side (Toe, Heel)
- 7-8 Swivel Right Toe To Right Side, Hook Left Behind Right And Slap Right On Left Heel

[AS7] TURN 1/4 LEFT AND ROCK FORWARD, TURN 1/4 LEFT, HOLD, FULL TURN LEFT FORWARD WITH HOLD

- 1-2 Turn 1/4 Left And Rock Forward On Left, Return Onto Right
- 3-4 Turn 1/4 Left And Step Left Forward, Hold
- 5-6 Turn 1/2 Left On Left And Step Right Back, Hold
- 7-8 Turn 1/2 Left And Step Left Forward, Hold

[AS8] SCISSOR RIGHT, HOLD, ROCK BACK LEFT, STOMP LEFT (TWICE)

- 1-2 Rock On Right Diagonally Back To Right, Step Left Beside Right
- 3-4 Cross Right Over Left, Hold
- 5-6 Jumping Rock Back On Left And Kick Right Forward, Return Onto Right
- 7-8 Stomp Up Left Beside Right, Stomp Left Forward

PART B: 40 counts

[BS1] JUMPING JACKS, KICK (RIGHT, LEFT), CROSS, JUMP BACK, ROCK BACK LEFT

- 1-2 Jump Landing Feet Apart Outside, Return To Centre On Left And Flick Up Back Right
- 3-4 Jump On Left On Place And Kick Right Forward, Change And Kick Left Forward
- 5-6 Cross Left Over Right, Jump Back On Right
- 7-8 Jumping Rock Back On Left And Kick Right Forward, Return Onto Right

[BS2] GRAPEVINE LEFT 1/4 TURN, SCUFF, PIVOT 1/2 LEFT, TURN 1/4 LEFT AND STRIDE, TOGETHER

- 1-2 Step Left To Left Side, Cross Right Behind Left
- 3-4 Step Left 1/4 Turn Left, Scuff Right Beside Left
- 5-6 Step Right Forward, Pivot 1/2 Turn Left
- 7-8 Turn 1/4 Left And Long Step To Right Side, Step Left Beside Right

[BS3] JUMPING JACKS, KICK (LEFT, RIGHT), CROSS, JUMP BACK, ROCK BACK RIGHT

- 1-2 Jump Landing Feet Apart Outside, Return To Centre On Right And Flick Up Back Left
- 3-4 Jump On Right On Place And Kick Left Forward, Change And Kick Right Forward
- 5-6 Cross Right Over Left, Jump Back On Left
- 7-8 Jumping Rock Back On Right And Kick Left Forward, Return Onto Left

[BS4] GRAPEVINE RIGHT 1/4 TURN, SCUFF, PIVOT 1/2 RIGHT, TURN 1/4 RIGHT AND STRIDE, SCUFF

- 1-2 Step Right To Right Side, Cross Left Behind Right
- 3-4 Step Right 1/4 Turn Right, Scuff Left Beside Right
- 5-6 Step Left Forward, Pivot 1/2 Turn Right
- 7-8 Turn 1/4 Right And Long Step To Left Side, Scuff Right Beside Left

[BS5] VAUDEVILLE LEFT, TOUCH TOE, TOGETHER, KICK, FLICK UP BACK

- 1-2 Cross Right Over Left, Step Left Diagonally Back To Left
- 3-4 Touch Right Heel Diagonally Forward To Right, Step Right On Place
- 5-6 Touch Left Toe Forward, Step Left Beside Right
- 7-8 Kick Right Forward, Flick Up Back Right

TAG 1: after introduction

TURN 1/4 LEFT, STOMP UP LEFT, TURN 1/4 LEFT, STOMP UP RIGHT

- 1-2 Turn 1/4 Left And Step Right To Right Side, Stomp Up Left Beside Right
- 3-5 Turn 1/4 Left And Step Left Forward, Stomp Up Right Beside Left

TAG 2: after second part B (syncopated)

(after Tag2 to do part A* until 7th count of the 6th sequence)

WALKING FORWARD, TOUCH TOE, WALKING BACK, TOUCH HEEL

- 1-2-3-4 Steps Forward (Right, Left, Right), Touch Left Toe Behind Right
- 5-6-7-8 Steps Back (Left, Right, Left), Touch Right Heel Over Left

RIGHT SIDE, TOUCH TOE, LEFT SIDE, TOUCH TOE, 2 PIVOT 1/2 LEFT AND STOMP

- 1-2 Step Right To Right Side, Touch Left Toe Behind Right
- 3-4 Step Left To Left Side, Touch Right Toe Behind Left
- 5-6 Step Right Forward, Pivot 1/2 Turn Left And Stomp Left Forward
- 7-8 Repeat 5-6

FINAL:

KICK RIGHT, JUMPING KICKS (LEFT, RIGHT), FULL TURN LEFT WITH JAZZ BOX

- 1-2 Kick Right Forward, Jumping A Little Back On Right And Kick Left Forward
- 3-4 Jump A Little Back On Left And Kick Right Forward, Turn 1/4 Left And Cross Right Over Left
- 5-6 Turn 1/4 Left And Kick Right Forward, Turn 1/4 Left And Kick Left Forward
- 7-8 Turn 1/4 Left And Cross Left Over Right, Jump Back On Right And Kick Left Forward

KICK RIGHT, CROSS, STEP BACK, ROCK BACK RIGHT, STOMP RIGHT (TWICE)

- 1-2 Jump Back On Left And Kick Right Forward, Cross Right Over Left
 - 3-4 Step Back On Left, Jumping Rock Back On Right And Kick Left Forward
 - 5-6-7 Return Onto Left, Stomp Up Right Beside Left, Stomp Right Forward
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