

One Step Back

拍數: 80 牆數: 2 級數: Phrased Advanced
編舞者: Lewis Lee (CAN) - December 2017
音樂: Under A Vast Sky (海闊天空) - Beyond



Sequence: AAB12, AB, Tag, AB8, C, B, B1+count 18-32, B28, AA
Intro: 24 counts from start of track (approx. 19sec. into track),
Note: The 1st count of every part, must be One Step Back on R.

Part A – 32c

A[1-8] Back, Ball-Cross, Side, Ball-Cross, 1/4R Cross, Scissor Cross, Scissor

1, 2& Step R back and sweeping L from front to back, Step L ball behind R, Cross R over L
3, 4& Step L to side L, Step R ball behind L, Cross L over R
5, 6& Make 1/4R crossing R over L, Step L to side L, Step R beside L (3:00)
7, 8& Cross L over R, Step R to side R, Step L beside R

A[9-16] Cross-Side, Behind-1/4L, Fwd-1/2L, 1/2L-1/2L, Sweep R, Cross-Back, Side, Ball-Cross

1&, 2& Cross R over L, Step L to side L, Step R behind L, Make 1/4L stepping L fwd (12:00)
3&, 4& Step R fwd, Make 1/2L stepping on L, Make 1/2L stepping R back, Make 1/2L stepping L fwd (6:00)
5, 6& Sweep R from back to front, Cross R over L, Step L back
7, 8& Step R to side R, Step L ball behind R, Cross R over L

A[17-25] 1/4L Hitch, Hold, Run-Run, Back-Rock, Side-1/4L, Fwd-Coaster, Back-Rock-1/2R Sweep

1, 2&3 Make 1/4L hitching R knee up slightly and rise up onto ball of L, Hold, Run R slightly fwd, Run L slightly fwd (3:00)
4&5& Step R Back, Recover L, Step R to side R, Make 1/4L recovering on L
6&7 Step R fwd, Step L beside R, Step R back (12:00)
8&1 Step L back, Recover R, Make 1/2R stepping L back while sweeping R out to back (6:00)

A[26-32] Back-Coaster, Fwd-Touch-Sway, Sway-Sway-Sway, Back-Back

2&3 Step R back, Step L beside R, Step R fwd
4&5 Step L fwd, Touch R beside L, Step R to side R and sway R
6&7 Step L slightly fwd and sway fwd, Sway R back, Sway L fwd
8& Run R slightly back, Run L slightly back (6:00)

Part B – 32c

B[1-8] Back-sweep, Back-sweep, Back-sweep, Back-Rock, Walk, Walk, Fwd, Slide (with hand attitude)

1&, 2& Step R back, Sweep L back, Step L back, Sweep R back
3&, 4& Step R back, Sweep L back, Step L back, Recover R
5, 6 Walk L fwd, Walk R fwd
7, 8 Step L long step fwd and closing arms in front of waist, Slide R toward L and start opening arms to either sides **B8

B[9-17] Hitch, Run-Run, Fwd-Rock, Back-Back, 1/4R sway, Sway- Sway-Sway, Sway-Sway-1/4R

1, 2& Hitch R knee up slightly and rise up onto ball of L keeping arms open (like flying in the sky), Step R slightly fwd, Step L slightly fwd
3&, 4& Step R fwd, Recover back on L, Step R back, Step L back *(B12) Restart A
5, 6&7 Make 1/4R stepping R to side R and sway upper body R, Sway upper body L, Sway upper body R, Sway upper body L (3:00)
8&1 Sway upper body slightly R, Sway upper body slightly L, Make 1/4R stepping R fwd while twist upper body R (prepare to turn L) (6:00)

B[18-24] 1/2L-1/2L-1/4L, Back-Rock-1/4R, Walk, Walk, Walk

2&3 Make 1/2L stepping L fwd, Make 1/2L stepping R back, Make 1/4L stepping L to side L (3:00)
4&5 Step R behind L, Recover back on L, Make 1/4R stepping R fwd (6:00)
6-8 Walk fwd L, R, L

B[25-32] Hitch, Run-Run, Fwd-Rock, Back-Coaster, Sway-Sway-Sway, Back-Back

1, 2& Hitch R knee up slightly and rise up onto ball of L, Step R slightly fwd, Step L slightly fwd
3&, 4& Step R fwd, Recover back on L, Step R back, Step L beside R ****B28
5, 6&7 Step R fwd, Step L slightly fwd and hip sway fwd, Sway back on R, Sway fwd on L
8& Run R slightly back, Run L slightly back (6:00)

***B12: The 2nd B (instrumental), dance after 12 count, Restart A (6:00)**

Tag : At the end of 3rd B (6:00) Tag 4 count

1, 2&3 Step R fwd, Step L slightly fwd and hip sway fwd, Sway back on R, Sway fwd on L,
4& Run R slightly back, Run L slightly back (6:00) , then Restart A (6:00 Instrumental), then the first 8 count of **B8 (12:00)

Part C – 16c (12:00)

C[1-8] Back, Back-Touch, Back-Touch, Back-Touch, Side, Touch, Side, Touch

1, 2& Step R back, Step L diagonal back L, Touch R beside L
3&, 4& Step R diagonal back R, Touch L beside R, Step L diagonal back L, Touch R beside L
5-6, 7-8 Step R to side R, Touch L behind R, Step L to side L, Touch R behind L (12:00)

C[9-16] Diagonal R, L Hip-Walk-Fwd, R Hip-Walk-Fwd, L Hip-Walk-Fwd, Back-Back

1, 2&3 Step R diagonal fwd R, Touch L fwd with hip bump fwd, Hip bump back on R, Hip bump fwd on L
4&5 Touch R fwd with hip bump fwd, Hip bump back on L, Hip bump fwd on R
6&7 Touch L fwd with hip bump fwd, Hip bump back on R, Hip bump fwd on L
8& Run R slightly back, Run L slightly back (12:00)

*****B1+count 18-32 of B:Dance after 5th B (6:00), Restart 6th B with the count 1 (Back R), then go directly into count 18 of B,(rolling turn L), till the end of B, then restart B28 (6:00)**

******B28: The 7th B, dance after 28c (12:00), Restart A, then the last A. Enjoy !!!**

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