

One Kiss

拍數: 64 牆數: 2 級數: Phrased High Beginner
編舞者: Nicole Miller (LUX) - July 2018
音樂: One Kiss - Calvin Harris & Dua Lipa



Sequence: A – B – A – A – A – B – A – A – A – B – A – A
Start dancing on lyrics

PART A:

A1: CONGA WALKS

1-4 Step right forward, step left forward, step right forward, kick left foot
5-8 Step left back, step right back, step left back, touch right together

A2: STEP TOUCHES WITH CLAPS

1-2 Step right to right, touch left together and clap hands above your head
3-4 Step left to left, touch together and clap hands in front of your knees
5-6 Step right to right, touch left together and clap hands above your head
7-8 Step left to left, touch together and clap hands in front of your knees

A3: CONGA WALKS

1-4 Step right forward, step left forward, step right forward, kick left foot
5-8 Step left back, step right back, step left back, touch right together

A4: GRAPEVINE R +L

1-4 Step right to right, cross left behind right, step right to right, touch left together
5-8 Step left to left, cross right behind left, step left to left, touch right together

PART B:

B1: WALKS, STOMP, ½ TURN BOUNCES, KICK BALL STEP

1-2 Walk right forward, walk left forward,
4-6 Step right forward, bounce both heels 3x turning ½ left (weight on left)
7&8 Kick right forward, step right together, step left together

B2: WALKS, STOMP, ½ TURN BOUNCES, KICK BALL STEP

1-2 Walk right forward, walk left forward,
4-6 Step right forward, bounce both heels 3x turning ½ left (weight on left)
7&8 Kick right forward, step right together, step left together

B3: WALKS, STOMP, ½ TURN BOUNCES, KICK BALL STEP

1-2 Walk right forward, walk left forward,
4-6 Step right forward, bounce both heels 3x turning ½ left (weight on left)
7&8 Kick right forward, step right together, step left together

B4: OUT, OUT, IN, IN, STEP TOUCH 2X

1-4 Step right to right, step left to left, step right together, step left together
5-8 Step right to right, step left together, step left to left, step right together

REPEAT

n.b.: This dance is based on my dance "Keep My Cool" and completed with part B.
Last Update - 10th July 2018