

One Man Band

拍數: 28 牆數: 2 級數: Improver
編舞者: Hiroko Carlsson (AUS) - February 2019
音樂: One Man Band - Old Dominion : (iTunes)



(Intro: 16 counts)

[S1] Fwd Mambo, Coaster Step, Scuff-Scuff-Back, Scuff-Scuff-Fwd

1&2 Rock/step R forward, Recover weight on L, Step back on R
3&4 L coaster step
5&6 Scuff R forward weight on L, Scuff R back weight on L, Step back on R
7&8 Scuff L back weight on R, Scuff L forward weight on R, Step forward on L (12:00)

[S2] 1/4L Reverse Rumba Box, Skate-Skate, Chase Turn Fwd

1&2 Step R to right, Step L next to R, Make a 1/8 turn left stepping back on R
3&4 Step L to left, Step R next to L, Make a 1/8 turn left stepping forward on L (9:00)
5 6 Skate forward on R, Skate forward on L
7&8 Step forward on R, Make a 1/2 turn left recover weight on L, Step forward on R (3:00)

[S3] Side, Behind, Side Rock-Cross, 1/4R, 1/4R Side, Behind Rock-Side

1 2 Step L to left, Step R behind L
3&4 Rock/step L to left, Recover weight on R, Cross L over R
5 6 Make a 1/4 turn right stepping forward on R, Make a 1/4 turn right stepping L to left
7&8 Rock/step R behind L, Recover weight on L, Step R to right (9:00)

[S4] Syncopated Weave R, Cross Rock-1/4L

1&2& Cross L over R, Step R to right, Step L behind R, Step R to right
3&4 Rock/cross L over R, Recover weight on R, Make a 1/4 turn left stepping forward on L (6:00)

Restart with step changes: Wall 3 count 16

[S2] 1/4L Reverse Rumba Box, Skate-Skate, Step-Pivot 1/4L

1&2 Step R to right, Step L next to R, Make a 1/8 turn left stepping back on R
3&4 Step L to left, Step R next to L, Make a 1/8 turn left stepping forward on L (9:00)
5 6 Skate forward on R, Skate forward on L
7 8 Step forward on R, Make a 1/4 turn left recover weight on L (6:00)

Tag: End of Wall 6 (12:00) – the first 4 counts

1&2 Rock/step R forward, Recover weight on L, Step back on R
3&4 L coaster step (12:00)

Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)
(updated: 22/Feb/19)