One Step At A Time

級數: Improver

編舞者: Crazy Chris Adams (UK) - March 2019

音樂: Just You and I - Tom Walker

拍數: 32

#8 Count Intro Starting On The Vocal - Lets Get Drunk

Walk Walk, Mambo ¼ Turn, Cross Side Behind Sweep, Behind Side Cross.

- 1,2 Walk Forward Right, Walk Forward L,
- 3&4 Rock R Forward, Recover Onto L, ¼ Turn R Stepping R To R Side,
- 5&6& Cross L Over R, Step R To R Side, Step L Behind R, Sweep R From Front To Back,
- 7&8 Step R Behind L, Step L To L Side, Cross R Over L. (3pm)

Side Rock &, Side Rock &, Skate Skate, Diagonal Shuffle Forward.

- 1,2& Step L To L Side, Rock Back Onto R, Recover Onto L
- 3,4& Step R To R Side, Rock Back Onto L, Recover Onto R,
- 5,6 Skate L To L Diagonal, Skate R To R Diagonal,
- 7&8 L Shuffle Forward Towards L Diagonal Corner. (1pm)

Mambo Step, Coaster Cross, Side Rock &, ¼ Shuffle.

- 1&2 Rock R Forward, Recover Back Onto L, Step R Back,
- 3&4 Step L Back, Step R Beside L, 1/8 Turn L As You Cross L Over R, (Facing Front)
- 5,6& Step R To R Side, Rock Back Onto L, Recover Onto R,
- 7&8 Step L To L Side, Step R Beside L, ¼ Turn L Stepping L Forward. (9pm)

Step ¼ Pivot, Cross & Heel, Ball Cross Back, & Cross & Touch.

- 1,2 Step R Forward, Pivot ¼ Left Taking Weight Onto L,
- 3&4 Cross R Over L, Step L Back, Dig R To R Diagonal,
- &5,6 Step R Beside L, Cross L Over R, Step R Foot Back,
- &7&8 Step L To L Side, Cross R Over L, Step L To L Side, Touch R Beside L. (6pm)

Have Fun

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牆數:2