

One Shot

拍數: 96 牆數: 1 級數: Phrased High Beginner
編舞者: JMP (KOR) - April 2019
音樂: One Shot (한잔해) - Youngki (영기)



Sequence : A B B A TAG B B A A
Intro : 32 Counts – Start dance with lyrics

Part A (64 counts)

A 1: Right Vine Step Touch, Left Vine Step Touch

1 – 4 Step RF to right side, Cross LF behind RF, Step RF to right side, Touch LF beside RF
5 – 8 Step LF to left side, Cross RF behind LF, Step LF to left side, Touch RF beside LF

A 2: Rock Forward, Recover x 2, Point, Hold, Rock Back, Recover

1 – 4 Rock RF forward, Recover on LF, Rock RF forward, Recover on LF (small Jumping)
5 – 8 Point RF forward (5), hold (6), Rock RF back (7), Recover on LF(8)

A 3: Rock Forward, Recover, Ball Step, Rock Back, Recover, Together, Syncopated Mambo Side (R-L)

1 2& Rock RF forward(1), recover back onto LF(2), Step together RF beside LF(&)
3 4& Step LF backwards(3), Recover on RF(4), Together LF beside RF (&)
5 6& Step RF to right side(5), Recover on LF(6), Step RF next to LF(&)
7 8& Step LF to left side(7), Recover on RF(8), Step LF next to RF(&)

A 4: Rocking Chair, Paddle 1/8 x 4 Turn Left

1 – 4 Rock RF forward, Recover on LF, Rock RF back, Recover on LF
5 – 8 Kick and point RF right side (5), RF hitch with a 1/8 turn left (&) (weight on the left), x 4 (6:00)

A 5: Repeat Section A1

A 6: Repeat Section A2

A 7: Repeat Section A3

A 8: Rocking Chair, Cross, Hold, Unwind 1/2 Turn Left

1 – 4 Rock RF forward, Recover on LF, Rock RF back, Recover on LF
5 – 8 Cross RF over LF (5), hold (6), 1/2 turn left (7-8) weight on the left (12:00)

Part B (32 Counts)

B 1: Step Side, Cross Over Touch, Step Side, Cross Over Touch, Step Side, Heel Swivel

1 – 4 Step RF to right side, Cross over LF touch right diagonal forward, Step LF to left side, Cross over RF touch left diagonal forward
5 6& Step small RF to right side(5), Both heel swivel to right side(6), Both heel on center(&)
7 - 8 Both heel swivel to right side(7), Both heel on center(8) weight on the left

B 2: Step Behind, Side, Cross Rock, Recover, Side, Cross, Side, Behind

1 – 4 Cross RF behind LF, Step LF to left side, Cross RF over LF, Recover on LF
5 – 8 Step RF to right side, Cross LF over RF, Step RF to right side, Cross LF behind RF

B 3: Step Side, Cross Over Kick, Step Side, Cross Over Kick, Step Side, Touch Left Diagonal Forward, Hip Bump Right Twice

1 – 4 Step RF to right side, Cross over LF kick right diagonal forward, Step LF to left side, Cross over RF kick left diagonal forward
5 – 8 Step RF to right side, Touch LF diagonal left forward, Hip bumps right twice (7&8)

B 4: Step Side, Cross Over Kick, Step Side, Cross Over Kick, Step Side, Touch Right Diagonal Forward, Hip Bump Left Twice

- 1 – 4 Step LF to left side, Cross over RF kick left diagonal forward, Step RF to right side, Cross over LF kick right diagonal forward
5 – 8 Step LF to left side, Touch RF diagonal right forward, Hip bumps left twice (7&8)

TAG (64 Counts)

S 1: V - Step x2 (with arm movements)

- 1 – 4 Step RF right diagonal forward, Step LF left diagonal forward, Step RF back, Step LF back
5 – 8 Step RF right diagonal forward, Step LF left diagonal forward, Step RF back, Step LF back

S 2: Step side, Touch, Step side, Touch Right Diagonal Forward, Knee Bending Down+Up x2

- 1 - 4 Step RF to right side, Touch LF beside on the RF, Step LF to left side, Touch RF diagonal forward
5 – 8 Down your knees(5,7) and up your knees(6,8)

S 3: Jazz Box 1/4 Turn Right, Heel Grind 1/4 Turn right, Coaster Step

- 1 – 4 Cross RF over LF, Step LF Back, Step RF 1/4 turn right side, Step LF beside on the RF
5 – 6 Heel RF Forward, 1/4 turn right & LF weight
7&8& Step RF Back(7), Step LF next to RF(&), Step RF Forward(8), Point LF diagonal forward(&)

S 4: RF Weight (Arms movements), LF Weight (Arms movements)

- 1 – 4 RF weight (Swing one's arms from side to side)
5 – 8 LF weight (Swing one's arms from side to side)

S 5: Repeat Section S1

S 6: Repeat Section S2

S 7: Repeat Section S3

S 8: Repeat Section S4

Have Fun

Contact : kiara26@hanmail.net
