

One Way Mike

拍數: 32 牆數: 4 級數: Improver
編舞者: Susanne Oates (UK) - June 2019
音樂: One Way - Mike + The Mechanics



#32 Count intro. Starts before vocals.

Weave. Point. Cross. ¼ Left Turn. Left Coaster.

1 2 Step right across left. Step left to side.
3 4 Step right behind left. Point left to left side.
5 6 Step left across right. Turn ¼ left, stepping back on right. (9o'clock)
7 & 8 Step back on left. Step right beside left. Step forward on left

Step. Point. Kick. Ball. Point. Jazz Cross Turning ¼ Right.

9 10 Step forward on right. Point left to left side.
11&12 Kick left forward. Step ball of left beside right. Point right to right side.
13 14 Step right across left. Step back on left.
15 16 Turn 1/4 right. Step left across right. (12o'clock)

(Restart here during Wall 6. Sweep right from front to back to start again. You will be facing 9o'clock)

Side Rock. Cross Shuffle. ¼ Right. ¼ Right. Point. ¼ Left.

17 18 Rock right to right side. Recover onto left.
19&20 Step right across left. Step left to side. Step right across left.
21 22 Turn ¼ right, stepping back on left. Turn ¼ right, stepping right to side. (6o'clock)
23 24 Point left to side. Turn ¼ left, stepping down on left. (3o'clock)

¼ Left. Behind. Chasse ¼ Right. Pivot ½ Right Turn. Shuffle Forward.

25 26 Turn ¼ left, stepping right to side. Step left behind right. (12o'clock)
27&28 Step right to side. Step left beside right. Turn ¼ right, stepping forward on right.
29 30 Step forward on left. Pivot ½ right turn, taking weight on right. (9o'clock)
31&32 Step left forward. Step right beside left. Step forward on left.

START AGAIN

One Tag: End of Wall 4. You will be facing 12o'clock.

Right Kick. Ball. Point. Left Kick. Ball. Point. Jazz Cross.

1 & 2 Kick right forward. Step ball of right beside left. Point left to left side.
3 & 4 Kick left forward. Step ball of left beside right. Point right to side.
5 6 Step right across left. Step back on left.
7 8 Step right to side. Step left across right. (Sweep right from back to front to start the dance again)

One Restart: During Wall 6, facing 9o'clock. Dance up to and including Count 16. Sweep right from back to front and restart.