

One In A Row

拍數: 32 牆數: 4 級數: Improver
編舞者: Gail A. Dawson (USA) - July 2019
音樂: One In a Row - Randy Travis



Intro – 8 Counts, starts on “Dreaming”

Cross Rock, Triple, Vine, Sweep ¼ Turn

1, 2 R cross rock over L, recover to L
3&4 R step to R, L step beside R, R step to R
5, 6 L cross over R, R step to R,
7, 8 L step behind R, R sweep turning ¼ to R (3 o'clock),

Rock, Recover, Locking Step, Step, Pivot ½, Step, Drag

1, 2 R rocks back, recover L
3&4 R step forward, L locks behind R, R steps forward
5, 6 L step forward, pivot ½ to R (9 o'clock)
7, 8 L step forward, R drag beside L

Box Forward, Rock, Recover, Triple 1½ Turn (Option Triple Turn½)

1, 2 R step to R, L step beside R
3&4 R step forward, L step beside R, R step forward
5, 6 L rock forward, recover to R
7&8 L step turning ½ to L, R step turning ½ to L, L step turning ½ to L (3 o'clock)

***Option – 7&8 L step turning ½ to L, R step forward, L step forward

Cross Rock, Step, Hold, Cross Rock, Triple

1, 2 R cross rock over L, recover L
3, 4 R long step to R, hold
***Wall 6 step change– 3, 4 R long step to R, L step beside R, RESTART
5, 6 L cross rock over R, recover
7&8 L step to L, R step beside L, L step to L

Contact: (free2bgad@gmail.com)