

The One

拍數: 32 牆數: 2 級數: Newcomer
編舞者: Conny van Dongen (NL) - February 2020
音樂: The One - Tamara Walker



Note : 2 restarts

(S1) SIDE STEP, BACK CROSS ROCK STEP, CHASSÉ, CROSS ROCK STEP, CHASSÉ 1/4 TURN R

1-3 RF side step, LF cross behind RF, RF replace weight
4&5 LF side step, RF together, LF side step
6-7 RF cross step, LF replace weight
8&1 RF side step, LF together, RF 1/4 turn R step forward

(S2) PIVOT TURN, LOCK STEP, POINT, POINT, BEHIND, SIDE, CROSS

2-3 LF step forward, 1/2 turn R
4&5 LF step forward, RF cross behind, LF step forward
6-7 RF touch toe forward, touch toe R side
8&1 RF behind LF, LF side step, RF cross step

(S3) SIDE STEP, HIPSWAYS, CHASSÉ, BACK ROCK STEP, LOCK STEP

2-3 LF side step and sway hip L, sway hip R
4&5 LF side step, RF together, LF side step
6-7 RF step back, LF replace weight
8&1 RF step forward, LF cross behind, RF step forward

(S4) PIVOT TURN, FULL TURN R, 1/4 PIVOT TURN, CROSS

2-3 LF step forward, 1/2 turn R
4-5 LF 1/2 turn R and step back, RF 1/2 turn R and step forward
6-7 LF step forward, 1/4 turn R (weight on RF)
8 LF cross

RESTART wall 4 & 8

Dance up to count 8 of S2, than on & make 1/4 turn L and LF step forw.
Start over!!

www.thedanceconaction.nl