

One 2 Go

拍數: 48 牆數: 2 級數: Improver
編舞者: Kate Sala (UK) & Robbie McGowan Hickie (UK) - February 2020
音樂: Vacay for the Day - Kris Bradley : (CD: Worth a Shot - 2:46)



Intro: 16 counts.

Side Right, Together, Right Together Forward, Left, Together, Coaster Step.

1 2 Step R to right side. Step L next to R.
3 & 4 Step R to right side. Step L next R. Step forward on R.
5 6 Step L to left side. Step R next to L.
7 & 8 Step back on L. Step R next to L. Step forward on L.

Rock Forward, Recover, Shuffle Back, Rock Back, Recover, Shuffle Forward.

1 2 Rock forward on R. Recover on to L.
3 & 4 Step back on R. Step L next to R. Step back on R.
5 6 Rock back on to L. Recover on to R.
7 & 8 Step forward on L. Step R next to L. Step forward on L.

Heel Switches x 2, Step Pivot 1/4 Turn Left, Jazz Box.

1& 2& Dig R heel forward. Step R next to L. Dig L heel forward. Step L next to R.
3 4 Step forward on R. Pivot 1/4 turn left. 9:00
5 - 8 Cross step R over L. Step back on L. Step R to right side. Step forward on L.

Cross, Side, Cross Shuffle, Side Behind & Heel & Cross.

1 2 Cross step R over L. Step L to left side.
3 & 4 Cross step R over L. Step L to left side. Cross step R over L.
5 6 Step L to left side. Cross step R behind L.
7 & Small step on L to left side. Dig R heel forward to Right diagonal.
8 & Step R in place. Cross step L over R.

Step Right, Behind, Chasse 1/4 Turn Right, Step Pivot 1/2 Turn Right, Shuffle Forward.

1 2 Step R to right side. Cross step L behind R.
3 & 4 Step R to right side. Step L next to R. Turn 1/4 right stepping forward on R. 12:00
5 6 Step forward on L. Pivot 1/2 turn right. 6:00
7 & 8 Step forward on L. Step R next to L. Step forward on L. *(Restart during wall 2 and 4)

Step Pivot 1/2 Turn left x 2, Toe Heel Stomp, Toe Heel Stomp.

1 2 Step forward on R. Pivot 1/2 turn left. 12:00
3 4 Step forward on R. Pivot 1/2 turn left. 6:00
5 & 6 Tap R toe next to L instep. Dig R heel next to L instep. Small stomp forward on R.
7 & 8 Tap L toe next to R instep. Dig L heel next to R instep. Small stomp forward on L.

***RESTARTS: Restart after 40 counts during wall 2 and wall 4, (Both restarts facing front wall).**