

One for Each Hand

拍數: 64 牆數: 2 級數: Improver
編舞者: Bev Vinge (AUS) - March 2020
音樂: Two Pina Coladas - Garth Brooks



SIDE SHUFFLE LEFT, BACK, ROCK, SIDE SHUFFLE RIGHT, BACK, ROCK

1&2,3,4 Side Shuffle Left: L-R-L, Step R back, Rock forward onto L,
5&6,7,8 Side Shuffle Right: R-L-R, Step L back, Rock forward onto R.

SHUFFLE FORWARD, PIVOT ½ TURN, SHUFFLE FORWARD, SHUFFLE FORWARD

1&2,3,4 Shuffle forward: L-R-L, Step R forward, Pivot 180° Left weight on L,
5&6,7&8 Shuffle forward: R-L-R, Shuffle forward: L-R-L. (6:00)

SIDE, BEHIND, SHUFFLE ¼ TURN RIGHT, FORWARD, ROCK, COASTER

1,2,3&4 Step R to side, Step L behind R, Step R to side, Step L beside R, Turn 90° Right Step R forward,
5,6,7&8 Step L forward, Rock back onto R, Step L back, Step R together, Step forward onto L. (9:00)

BOX STEP ¼ TURN, BOX STEP

1,2,3,4 Cross R over L, Step back onto L, Turn 90° Right Step R to side, Step L together,
5,6,7,8 Cross R over L, Step back onto L, Step R to side, Step L together. (12:00)

DIAGONAL STEP, LOCK, SHUFFLE, DIAGONAL STEP, LOCK, SHUFFLE

1,2,3&4 Step R forward 45° Right, Lock L behind R, Shuffle forward: R-L-R,
5,6,7&8 Step L forward 45° Left, Lock R behind L, Shuffle forward: L-R-L.

BACK, TOUCH, BACK, TOUCH, BACK, TOUCH, BACK, TOUCH

1,2,3,4 Step R back 45° Right, Touch L together, Step L back 45° Left, Touch R together,
5,6,7,8 Step R back 45° Right, Touch L together, Step L back 45° Left, Touch R together.

VINE RIGHT ¼ TURN HITCH ¼ , VINE LEFT, TOUCH

1,2,3,4 Step R to side, Step L behind R, Turn 90° Right Step R forward, Turn 90° Right Hitch L,
5,6,7,8 Step L to side, Step R behind L, Step L to side, Touch R together. (6:00)

ROCKING CHAIR, V STEP FORWARD, FORWARD, BACK, TOGETHER

1,2,3,4 Step R forward, Rock back on L, Step R back, Rock forward on L,
5,6,7,8 Step R forward 45° Right, Step L forward 45° Left, Step R back to Centre, Step L together.

TAGS:

At the END of Wall 1 add:- Push Hips Right, Hold.

At the END of Wall 2 add:- Repeat last 16 Steps, Push Hips Right-Left-Double Right.

At the END of Wall 3 add:- Push Hips Right, Hold.

At the END of Wall 4 add:- Push Hips Right, Hold, Left, Hold, Right, Hold.

At the END of Wall 5 add:- Push Hips Right, Hold.
