

One Day You'll Get It

拍數: 64 牆數: 2 級數: Intermediate
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音樂: One Day You'll Get It - High Valley



Note: The dance begins after 32 counts, when the singing starts.

S1. Section: Kick, Stomp, Flick, Stomp re./li.

- 1-2 RF kick forward, stomp RF next to LF
- 3-4 RF kick back, stomp RF next to LF
- 5-6 LF kick forward, stomp LF next to RF
- 7-8 LF kick back, stomp LF next to RF (weight remains on the LF)

S2. Section: Step Lock Step Forward, Hold, Rock Step, ½ Turn, Step, Stomp

- 1-2 RF step forward, cross LF behind RF
- 3-4 RF step forward, hold
- 5-6 LF step forward, slightly raise the RF and weight back onto RF
- 7-8 ½ turn to the left and LF step forward, stomp RF next to LF (6 O'Clock)

S3. Section: Apple Jacks (or Swivets), Heel, Close re./li.

- 1-2 turn the right toe and the left heel to the right, turn back both
- 3-4 turn the left toe and the right heel to the left, turn back both

Option: Swivets:

- 1-2 turn the right toe to the right, at the same time turn the left heel to the left, turn back both
- 3-4 turn the left toe to the left, at the same time turn the right heel to the right, turn back both
- 5-6 tap forward right heel, RF next to LF
- 7-8 tap forward left heel, LF next to RF

S4. Section: Step Lock Step Back with Hook, Step, Stomp, Back Rock

- 1-2 RF step back, cross LF in front of RF
- 3-4 RF step back, cross LF in front of right leg
- 5-6 LF step forward, RF next to LF
- 7-8 RF step back, slightly raise the LF and weight back onto LF (jumped slightly)

Restart: In the 4th wall stop here and start the dance from the beginning!

S5. Section: Step Lock Step Forward, Hold, Step Forward ½ Turn, ½ Turn Step Back, Hold

- 1-2 RF step forward, cross LF behind RF
- 3-4 RF step forward, hold
- 5-6 LF step forward, ½ turn to the right (weight on RF) (12 O'Clock)
- 7-8 ½ turn to the right and LF step back, hold (6 O'Clock)

Restart: In the 2nd wall stop here and start the dance from the beginning!

S6. Section: Step Lock Step Back, Hold, Coaster Step, Scuff

- 1-2 RF step back, cross LF in front of RF
- 3-4 RF step back, hold
- 5-6 LF step back, RF next to LF
- 7-8 LF step forward, RF scuff forward

S7. Section: Side, Behind, Side, Hold, Step ½ Turn 2x

- 1-2 RF step to the right, cross LF behind RF
- 3-4 RF step to the right, hold
- 5-6 LF step forward, ½ turn to the right (weight on RF) (12 O'Clock)
- 7-8 LF step forward, ½ turn to the right (weight on RF) (6 O'Clock)

S8. Section: Grapevine with Scuff, Step Diagonally Forward, Stomp, Step Diagonally Back, Stomp

1-2 LF step to the left, cross RF behind LF

3-4 LF step to the left, RF scuff forward

5-6 RF step diagonally forward to the right, stomp LF next to RF

7-8 LF step diagonally back to the left, stomp RF next LF

Dance, Have Fun & Smile!
