One for the Road

級數: Beginner

編舞者: M. Vasquez (UK) - June 2020

音樂: Why We Drink - Justin Moore

Dance starts on main vocal

拍數: 32

Restart: On Wall 5 complete counts 1-6 of Section 2 and then on counts '7&8' Turn ¼ turn R stepping forward R, step L next to R, touch R toe next to L and Restart

Section 1: Vine R, Side, Together, ¼ Turn Shuffle

- 1-4 Step R foot to R side, cross L foot behind R, step R foot to R side, touch L toe next to R
- 5-6 Step L foot to L side, step R foot next to L
- 7&8 Turning ¼ turn L as you shuffle L-R-L

Section 2: Kick-Step-Point, Kick-Step-Point, Side, Together, ¼ Turn Shuffle

- 1&2 Kick R foot forward, step R foot next to L, point L toe to L side
- 3&4 Kick L foot forward, step L foot next to R, point R toe to R side
- 5-6 Step R foot to R side, step Left foot next to R
- 7&8 Turning ¼ turn R, Shuffle R-L-R

Section 3: Travelling Swivels, Clap, Point, Cross and Unwind, Kick and Clap

- 1-2 Stepping L foot to L side and swivel both heels to L, swivel both toes to the L
- 3-4 Swivel both heels to the L, clap
- 5-6 Point R toe to the R side, cross R foot over L
- 7-8 Unwind ¹/₂ turn L transferring weight to R foot, kick L foot to the L diagonal and clap

Section 4: L Sailor Step, Paddle Turn, Paddle Turn, Jump Out, Clap Twice

- 1&2 Cross L foot behind R, step R to R side, step L to L side
- 3-4 Touch R toe forward, turn 1/8 L
- 5-6 Touch R toe forward, turn 1/8 L
- &7 Jump forward on to R foot, followed by L foot (feet should now be shoulder width apart
- &8 clap twice

Contact: matt.vasquez@rocketmail.com





牆數:4