

Only You

拍數: 64 牆數: 4 級數: Phrased High Improver
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音樂: Only You (Extended Twist Mix) - Captain Jack



Pattern : Part A sec III & IV, AAB, AAB, AA AA AA

Intro : 16 C, no tag, no restart

Start from part A sec III & IV

Part A

Sec III Shuffle step, walk

1 & 2 Step R side (1), step L together (&), step R side (2)
3 - 4 Step L cross forward (3), step R cross forward (4)
5 & 6 Step L side (5), step R together (&), step L side (6)
7 - 8 step R walk forward (7), step L walk forward (8)

Sec IV Mambo step, coaster step

1 & 2 Step R forward (1), step L in place (&), step R back together (2)
3 & 4 Step L behind 3, step R in place (&), step L back together (4)
5 Step R behind (5)
6 & 7 Step L behind (6), Step R behind together (&), step L forward (7)
8 Hold

Part A

Sec I Charleston step, point, hitch, shuffle step

1 - 4 swing R forward point(1), step R behind (2), swing L behind point (3), step L forward (4)
5 & 6 R cross forward point (5), point R side (&), R hitch (6)
7 & 8 step R forward (7), step L together (&), step R forward (8)

Sec II Charleston step, point, hitch, shuffle step

1 - 4 swing L forward point(1), step L behind (2), swing R behind point(3), step R forward (4)
5 & 6 L cross forward point (5), point L side (&), L hitch (6)
7 & 8 step L forward (7), step R together (&), step L forward (8)

Sec III Shuffle step, 1/4 turn left shuffle, walk

1 & 2 Step R side (1), step L together (&), step R side (2)
3 - 4 Step L cross forward (3), step R cross forward (4)
5 & 6 Step L 1/4 turn left (5), step R together (&), step L side (6)
7 - 8 Step R walk forward (7), step L walk forward (8)

Sec IV Mambo step, coaster step

1 & 2 Step R forward (1), step L in place (&), step R back together (2)
3 & 4 Step L behind 3, step R in place (&), step L back together (4)
5 Step R behind (5)
6 & 7 Step L behind (6), Step R behind together (&), step L forward (7)
8 Hold

PART B

Sec I Points

1 - 8 Step R side (1), L point cross forward (2), step L side (3), R point cross forward (4), step R side (5), L point cross forward (6), step L side (7), R point cross forward (8)

Sec II Point, 1/4 Turn Left

1 – 8 Step R side (1), L point cross behind (2), step L side (3), R point cross behind (4), step R 1/4 side (5), L point cross behind (6), step L side (7), R point cross behind (8)

Sec III Heel Up, Change Step

1 & 2 Step R side (1), step L cross behind (&), step R side (2), L heel up

3 & 4 Step L side (3), step R cross behind (&), step L side (4), L heel up

5 & 6 Step R behind (5), step L in place (&), step R in place (6)

7 & 8 Step L behind (7), step R in place (&), step L in place (8)

Sec IV Change Step, Heel Up

1 & 2 Step R in place (1), step L in place (&), step R in place (2)

3 & 4 Step L forward (3), step R in place (&), step L in place (4)

5 & 6 Step R side (5), step L cross behind (&), step R side (6), L heel up

7 & 8 Step L side (7), step R cross behind (&), step L side (8), L heel up
