

Back at One

拍數: 72 牆數: 2 級數: Intermediate
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音樂: Back At One - Brian McKnight



Intro : No intro, no restart, tag 1 wall 1, tag 2 wall3 after Sec IV n start Sec VI

Sec I : Point, Shuffle

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

Sec II : Slide, ¼ Turn Left Diagonal, ¼ Turn Right (Diagonal), Change Step

1, 2 Step L slide behind (1), step R slide behind (2)
3 & 4 Step L cross forward (3), step R ¼ turn left diagonal (&), step L together (4)
5 & 6 Step R forward (5), step L ¼ turn right diagonal (&), step R together (6)
7 & 8 & Step L ¼ turn right diagonal (7), step R cross behind (&), step L turn left face wall (8), step R forward (&)

Sec III : Shuffle, Touch

1, 2 & 3 Step L at place (1), step R side (2), step L together (&), Step R side (3)
4 – 8 Step L touch (4), step L side (5), step R touch (6), step R side (7), step L touch (8)

Sec IV : Shuffle, 360o Turn Right

1 & 2 Step L forward (1), step R together (&), step L forward (2)
3 & 4 step R forward (3), step L together (&), step R forward (4)
5 – 6 Step L cross forward (5), 360o turn right (6)
7 & 8 Step R cross forward (7), Step L behind (&), step R cross foward(8)

Sec V : ½ Turn Left, Touch

1 – 8 ½ turn left (1), step L cross behind (2), step R together (3), step L cross forward (4), step R ¼ turn left (5), step L touch (6), step L side (7), step R touch (8)

Sec VI : Change Step, 360o Turn Left, Slide, Turn Right Diagonal

1 – 6 Step R side, L point (1), step L cross behind (2), 360o turn left (3, 4), step R forward (5), step L at place (6)
7 & 8 Step R behind (7), step L slide behind (&), step R turn right diagonal (8)

Sec VII : Shuffle

1, 2 Step L forward diagonal (1), step R at place (2)
3 & 4 Step L side face wall (3), step R together (&), step L side (4)
5, 6 Step R cross forward diagonal (5), step L at place (6)
7 & 8 Step R side face wall (7), step L together (&), step R side (8)

Sec VIII : Change Step, 360o Turn Right, Slide

1 – 6 Step L side , R point (1), step R cross behind (2), 360o turn right (3, 4) step L forward (5), step R at place (6)
7 & 8 Step L behind (7), step R slide behind (&), step L turn left diagonal (8)

Sec IX : Shuffle

1, 2 Step R forward diagonal (1), step L at place (2)
3 & 4 Step R side face wall (3), step L together (&), step R side (4)
5, 6 Step L cross forward diagonal (5), step R at place (6)

7 & 8 Step L face wall (7), step R together (&), step L side (8)

Tag 1: 4C

1 – 4 Step R forward (1), step L forward (2), step R cross forward (3), 360o turn right (4)

Tag 2: 1C

1, & Step L ¼ turn left (1) , R touch (&) , Sec VI
