

The Only One

拍數: 64 牆數: 2 級數: Easy Intermediate
編舞者: Séverine Fillion (FR) - July 2020
音樂: The Only One (feat. Séverine Fillion) - Crazy Pug



Intro : 16 counts

[1-8] STOMP, CLAP, KICK BALL CHANGE (RIGHT & LEFT)

1-2 Stomp right fwd, Clap
3&4 Kick left fwd, left next to right, right in place
5-6 Stomp left fwd, Clap
7&8 Kick right fwd, right next to left, left in place

[9-16] ROCK FWD, TRIPLE BACK, BACK ROCK, TRIPLE FWD

1-2 Rock step right fwd, recover on left
3&4 Triple step right – left – right backward
5-6 Rock back on left, recover on right
7&8 Triple step left – right – left fwd ** RESTART here on wall 2 at 6:00

[17-24] STEP 1/4 TURN, CROSS SHUFFLE, 1/4 TURN, 1/4 TURN, CROSS SHUFFLE

1-2 Right fwd, Turn 1/4 left (weight on left) 9:00
3&4 Right cross over left, left to left, right cross over left
5-6 1/4 turn right stepping left back, 1/4 turn right stepping right to right 3:00
7&8 Left cross over right, right to right, left cross over right

[25-32] SIDE STEP, TOUCH, 1/4 TURN, TOUCH, 1/4 TURN, TOUCH, 1/4 TURN, TOUCH

1-2 Right step to right side, Touch left next to right
3-4 1/4 turn left stepping left fwd, Touch right next to left 12:00
** RESTART here on wall 7 at 6:00
5-6 1/4 turn left stepping right to right side, Touch left next to right 9:00
7-8 1/4 turn left stepping left fwd, Touch right next to left 6:00

** RESTARTS here on walls 3 & 5 at 12:00

[33-40] ROCK FWD, COASTER STEP, SIDE POINT – HOLD (L & R)

1-2 Rock step right fwd, recover on left
3&4 Right back, left next to right, right fwd
5-6 Touch left toe to left side, Hold
&7-8 Left next to right (&), Touch right toe to right side, Hold

[41-48] SAILOR STEP, SAILOR 1/4 TURN, VINE TO RIGHT, TOUCH

1&2 Right cross behind left, left to left, right to right
3&4 Left cross behind right, 1/4 turn left stepping right to right, left fwd 3:00
5-8 Right to right, left cross behind right, right to right, Touch left next to right

[49-56] ROLLING VINE TO LEFT, TOUCH, STOMP, CLAP, 1/2 TURN & STOMP, CLAP

1-4 1/4 turn left stepping left fwd, 1/2 turn left stepping right back, 1/4 turn left stepping left to left,
 Touch right
5-6 Stomp right to right side, Clap
7-8 1/2 turn right on right foot & Stomp left to left side, Clap 9:00

[57-64] BACK ROCK, SIDE ROCK, WEAVE 1/4 TURN LEFT

1-4 Rock back on right, recover on left, side rock to right side, recover on left
5-8 Right cross over left, left to left, right cross behind left, 1/4 turn left stepping left fwd 6:00

ENJOY & HAVE FUN !!
