

F1 (Forever and One)

拍數: 32 牆數: 4 級數: Intermediate Rolling Count
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音樂: Forever & One - Bubble Dia



I. Rock Fwd , Back , Sweep , Turn 1/4 Left , Turn 1/4 Left , 1/2 Turn Right , Sweep , Cross Side

1-2a Rock R fwd , Recover on L , Step R back
3-4a Step L back with sweep on R , Cross R behind L , 1/4 Turn left step L fwd (9.00)
5-6 Step R fwd , 1/4 Turn left Step L side /sway
7-8a 1/2 Turn right with sweep on L , Cross L over R , Step R to side

II. Back Rock L-R , Diagonal Fwd , Back , Side , Full Turn Left

1-2a Slightly back on L , Recover on R , Step L to side
3-4a Slightly back on R , Recover on L , Step R fwd (1.30)
5-6a Step L fwd lift up on step R , Step back on R - L (1.30)
7-8&a Squaring (3.00) Step R to side , 1/4 Turn left step L fwd , 1/2 turn Left step R back , 1/2 Turn left step L fwd (12.00)

III. Rock Fwd , Back , Turn 1/2 Left , 1/4 Diamond Step , Walk Fwd , Turn 1/2 Right , Circular Walk 1/2 Turn Left

1-2& Rock fwd on R , Recover on L , Step R back
a3-4 Turn 1/2 left step L fwd , Step R to side , 1/8 left step L back
&a-5 Step R back , Step L to side , Step R fwd (3.00)
6&a7 Step walk on L,R,L, Turn 1/2 right step Point On R
8&a Do Circular walk 1/2 Turn left on R ,L,R

IV. Rock Fwd , Sweep , Cross , back , Syncopated Back Cross , Hitch , Lunge , Coaster Step

12a3 Step L fwd with sweep on R , Cross R over L , Step L to side , Slightly back on R (4.30)
4&a5 Cross L over R , Step R back , Step L to side , Cross R over L with Hitch on L
6-7 Step L to side and band knee , Straight recover on R with Hitch On L
8&a Step L back , Close R beside L , Step L fwd

Noted :

TAG ENDING WALL 2 , Walk Fwd R - L (2 count)
TAG ENDING WALL 4 , Walk Fwd R - L (2 count)
TAG ENDING WALL 5 , Prissy Walk RLRL (4 count)
ENDING : 1/2 Turn left , Walk fwd and Pose...tradaaaa