

One More Story

拍數: 64 牆數: 2 級數: Improver
編舞者: Allen Sallis (UK) - March 2021
音樂: One More Story - Cardy and Coke : (Album: Secrets Passion and Love)



Intro: 16 beats from start of music

[1-8] Heel, hitch, shuffle, heel hitch shuffle

1,2, 3&4 R heel forward, hitch R heel over L foot, shuffle forward RLR
5,6, 7&8 L heel forward, hitch L heel over R foot, shuffle forward LRL

[9-16] Rock, recover, shuffle ½ turn right, rock, recover, coaster step

9, 10, 11&12 Rock forward on R, recover on L, shuffle half turn right RLR (6 o'clock)
13,14, 15&16 Rock forward on L, recover on R, step back on L, close R to L, step forward on L

[17-24] Rolling ¾ turn right

17-20 Step right with R, step L behind R, step ¼ turn right with R, step ¼ turn right with L
21-24 Step right with R, step L behind R, step ¼ turn right with R, close L to R (3 o'clock)

[25 -32] Right forward Rumba box

25-28 Step R foot to right, close L to R, step R foot forward, close L to R
29-32 Step L foot to left, close R to L, step L foot back, close R to L

For those who are more comfortable with a 32 count dance then restart here! Otherwise, continue to a full 64 count.

[33-40] Right reverse Rumba Box

33-36 Step R foot to right, close L foot to R, step R foot back, close L to R
37-40 Step L foot to left, close R to L, step L foot forward, close R to L

[41-48] Chasse right, rock back , recover, chasse left, rock back, recover

41&42,43,44 Step R foot to right, close L to R, step R to right, rock back L behind R, recover on R
45&46,47,48 Step L foot to left, close R to L, step L to left, rock back R behind L, recover on L

[49-56] Monterey ¼ turn right, Jazz box

49-50 Point R to right side, close R to L whilst pivoting ¼ turn right on L foot.
51-52 Point L to left side, close L to R foot
53-56 Cross R foot over L, step back on L, step R foot to right, close L to R (6 o'clock)

[57-64] Rock out right, recover, cross shuffle. Rock out left, recover, stomp, stomp.

57,58,59&60 Step R to right side, recover on L, cross shuffle RLR
61,62,63&64 Step L to left side, recover on R, stomp L to R, stomp R

On the final sequence (wall 8) dance the first 24 steps and finish with arms spread.