

1 + 1

拍數: 32 牆數: 4 級數: Improver
編舞者: Jammart Amélie (BEL) - July 2021
音樂: 1+1 (feat. Amir) (Banx & Ranx Remix) - Sia



Intro 16 counts

WALK 2X, SISCOR CROSS, STRUT SIDE WITH HIP BUMPS, BEHIND SIDE CROSS

1 RF Step forward
2 LF Step forward
3 RF Step side R
& LF Step next to RF
4 RF Cross over LF
5-6 LF Step L to the side and pushing hips L-R
7 RF Cross behind LF
& LF Step side L
8 RF Cross over RF

½ TURN WITH BOUNCE, COASTER STEP, HIP BUMP FORWARD X2

9-10 RF Turn ½ turn with bounce heel
11 LF Step back
& RF Step next to LF
12 LF Step forward
13-14 RF Step forward with hips bump R-L
15-16 LF Step forward with hips bump L-R

MAMBO STEP FORWARD, MAMBO STEP BACK, MAMBO STEPSIDE X2

17 RF Step forward
& LF Recover
18 RF Step next to LF
19 LF Step back
& RF Recover
20 LF Step next to RF
21 RF Step side R
& LF Recover
22 RF Step next to LF
23 LF Step side L
& RF Recover
24 LF Step next to RF

ROCK STEP SIDE, BEHIND SIDE CROSS ¼ TURN, WALK X2, FULL TURN

25 RF Step side R
26 LF Recover
27 RF Step behind LF
& LF Step ¼ turn L
28 RF Step forward
29 LF Step forward
30 RF Step forward
31 LF Step ½ turn
& RF Step ½ turn
32 LF Step forward

