

One at a Time

拍數: 32 牆數: 4 級數: Improver
編舞者: Tomiati Walter (IT) - August 2021
音樂: One at a Time - Jackson Michelson



Note: Start dancing after 8 counts, No tags and no restarts

Section 1: Forward step X 2, Kick & forward step-lock-step, Forward step X 2, Kick & forward step-lock-step

1 Step right forward
2 Step left forward
& Kick right forward
3 Step right forward
& Lock left behind right
4 Step right forward
5 Step left forward
6 Step right forward
& Kick left forward
7 Step left forward
& Lock right behind left
8 Step left forward

Section 2: ¼ Turn side rock, Together & side chasse, Cross, ¼ Turn back step, ¼ Turn hitch & kick ball cross

1 Make ¼ turn left and step right to right side (facing 9:00)
2 Recover weight on left
& Step right beside left
3 Step left to left side
& Step right beside left
4 Step left to left side
5 Cross right over left
6 Make ¼ turn right and step left back (facing 12:00)
& Make ¼ turn right and hitch right knee (facing 3:00)
7 Kick right diagonally right
& Step right beside left
8 Cross left over right

Section 3: Side rock, Together & toe-heel-stomp, Step ½ turn, Recover & ½ turn heel swivels

1 Step right to right side
2 Recover weight on left
& Step right beside left
3 Touch left toe beside right
& Touch left heel forward
4 Stomp left forward
5 Step right forward
6 Make ½ turn left (facing 9:00)
& Recover weight on right
7 Swivel heels to left
& Swivel heels back into center
8 Swivel heels to left making ½ turn right (facing 3:00)

Section 4: Back step X 2, Out-out & in-in, ½ Turn heel grind, Drop toe & side-together-forward

1 Step right back
2 Step left back

- & Step right to right side
- 3 Step left to left side
- & Step right back into center
- 4 Step left beside right
- 5 Touch right heel forward and make $\frac{1}{2}$ turn right (facing 9:00)
- 6 Recover weight on left
- & Drop right toe
- 7 Step left to left side
- & Step right beside left
- 8 Step left forward

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Last Choreo. update: 9 August 2021
