

One Plus One (1+1)

拍數: 64 牆數: 1 級數: Phrased Intermediate
編舞者: Jim PAVADÉ (FR) - October 2021
音樂: 1+1 (feat. Amir) (Banx & Ranx Remix) - Sia



The dance starts with the body weight on the LF

Sequence : AB - AB - AB - AB - A Tag B

Sequence A (32 counts)

Section 1 : 3 Forward Walk Steps, Mambo Step with 1/4 Turn L, Step Forward with 1/4 Turn L, Recover with 1/4 Turn L, Right Shuffle Forward

1 2 3 RF forward, LF forward, RF forward
4 & 5 Mambo LF forward - Recover on RF, LF to side with 1/4 turn L
6 7 RF forward with 1/4 turn L, Recover on LF with 1/4 turn L
8 & 1 RF forward, LF cross behind RF, RF forward

Section 2 : 2 Forward Walk Steps, Mambo Step with 1/4 Turn L, Step Forward with 1/4 Turn L, Recover with 1/4 Turn L, Right Shuffle Forward

2 3 LF forward, RF forward
4 & 5 Mambo LF forward - Recover on RF, LF to side with 1/4 turn L
6 7 RF forward with 1/4 turn to L, Recover on LF with 1/4 turn L
8 & 1 RF forward, LF cross behind RF, RF forward

Section 3 : 2 Forward Walk Steps, Mambo Step with 1/4 Turn L, Step Forward with 1/4 Turn L, Recover with 1/4 Turn L, Right Shuffle Forward

2 3 LF forward, RF forward
4 & 5 Mambo LF forward - Recover on RF, LF to side with 1/4 turn L
6 7 RF forward with 1/4 turn L, Recover on LF with 1/4 turn L
8 & 1 RF forward, LF cross behind RF, RF forward

Section 4 : 2 Forward Walk Steps, Mambo Step with 1/4 Turn L, Step Forward with 1/4 Turn L, Recover with 1/4 Turn L, Right Shuffle Forward

2 3 LF forward, RF forward
4 & 5 Mambo LF forward - Recover on RF, LF to side with 1/4 turn L
6 7 RF forward with 1/4 turn L, Recover on LF with 1/4 turn L
8 & 1 RF forward, LF cross behind RF, RF forward

Sequence B (32 counts)

Section 1 : Syncopated Time Step Chachacha Box Turning Right

2 & 3 LF next to RF, RF in place, LF to side (12h00)
4 & 5 RF next to LF, LF in place, RF to side with 1/4 turn R (03h00)
6 & 7 LF next to RF, RF in place, LF to side with 1/4 turn R (6h00)
8 & 1 RF next to LF, LF in place, RF to side with 1/4 turn R (09h00)

Section 2 : Cuban Break Steps (Cross Mambo) LF & RF

2 & 3 & LF cross over RF, RF in place, LF to side, RF in place
4 & 5 LF cross over RF, RF in place, LF to side
6 & 7 & RF cross over LF, LF in place, RF to side, LF in place
8 & 1 RF cross over LF, LF in place, RF to side with 1/8 turn R (10h30)

Section 3 : Full Diamond Turning to the Left

2 & 3 LF back, RF back, LF to side with 1/8 turn L (09h00)

- 4 & 5 RF forward with 1/8 turn L (07h30), LF forward, RF to side with 1/8 turn L(06h00)
6 & 7 LF back with 1/8 turn L (04h30), RF back, LF to side with 1/8 turn L (03h00)
8 & 1 RF forward with 1/8 turn L (01h30), LF forward, RF to side with 1/8 turn L (12h00)

Section 4 : L, R, L, R Shuffle curved Forward

- 2 & 3 LF forward, RF behind LF, LF forward curved left
4 & 5 RF forward, LF behind RF, RF forward curved right
6 & 7 LF forward, RF behind LF, LF forward curved left
8 & RF forward, LF cross behind RF

Tag on wall 5, after sequence A

Section 1 : 2 Forward Walk Steps, Mambo Step with 1/2 Turn L, Full Turn to Left, Right Shuffle Forward

- 2 3 LF forward, RF forward (12h00)
4 & 5 Mambo LF forward - Recover on RF, LF forward with ½ turn L (06h00)
6 7 RF back with ½ turn L (12h00), LF forward with ½ turn L (06h00)
8 & 1 RF forward, LF cross behind RF, RF forward

Section 2 : 2 Forward Walk Steps, Mambo Step with 1/2 Turn L, Full Turn to Left, Right Shuffle Forward

- 2 3 LF forward, RF forward (06h00)
4 & 5 Mambo LF forward - Recover on RF, LF forward with ½ turn to L (12h00)
6 7 RF back with ½ turn L (06h00), LF forward with ½ turn L (12h00)
8 & 1 RF forward, LF cross behind RF, RF forward

Enjoy !
