

1 Minus 1

拍數: 32 牆數: 2 級數: Easy Intermediate
編舞者: Forty Arroyo (USA) - February 2022
音樂: 1+1 (feat. Amir) (Banx & Ranx Remix) - Sia



****A Hayloft Floor Split for the intermediate dance "1+1" by Jean-Pierre Madge & Niels Poulsen**

(Starts after 16 counts) No Tags or Restarts

[1-8] FWD R, L, PIVOT ¼ R, CROSSING TRIPLE, SIDE, STEP FWD, PUSH HIPS BACK

1-3 Forward on R, Forward on L, Pivot ¼ turn right (3:00)
4&5 Cross L over R, Step R to side, Cross L over R
6 Making 1/8 turn right towards 5:30 – Step forward on R
7,8 Step forward on L – pushing hips forward, Push hips back (WOR),

[9-17] PUSH HIPS FORWARD & BACK, COASTER STEP, STEP, PIVOT ¼ L, WALK R,L,R

1,2 Push hips forward (WOL), Push hip back (WOR) – Still at 5:30
3&4 squaring off to 3:00 – Step back on L, Step R next to L, Step L next to R (now at 3:00)
5,6 Step forward on R, Pivot ¼ left (WOL) (now at 12:00)
7,8,1 Walk forward R, L, R – one foot slightly across the other as you step

(option for step 3&4-5,6 – do the coaster step in place at 5:30, then pivot 3/8 turn left to 12:00)

[18-24] LEFT & RIGHT MAMBOS, ROCK, RECOVER, STEP BACK WITH SWEEP,

2&3 Rock L to side, Recover weight on R, Step L next to R
4&5 Rock R to side, Recover weight on L, Step R next to L
6,7 Rock forward on L, Recover weight on R
8 Sweeping L around & back – step L behind R

(option for steps 2 -5 – Touch L to side, Step L in place, Touch R to side, Step R in place)

[25-32] ROCK, RECOVER, STEP, PIVOT ½ L, HIP BUMPS – Rx2 & Lx2

1,2 Rock back on R, Recover weight on L
3,4 Step forward on R, Pivot ½ turn left – weight on L (Now at 6:00)
5&6 Bump hips – right, left, right
7&8 Bump hips – left, right, left

(WOR) = weight on right foot

(WOL) – weight on left foot

forty.arroyo@gmail.com

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