

Evergreen One

拍數: 32 牆數: 2 級數: High Beginner
編舞者: Ivan Rundgren (SWE) - February 2022
音樂: One Love - Bob Marley & The Wailers
或: Mr Reggae - L.A.B



Intro: 16 C

Tag: 8 count after wall 1 & 3

Same tag, 8 count as above for alternative music but after wall 5 (6:00)

Sec 1: R & L Dorothy steps, ½ turn R, Chassé ½ turn R

1 – 2 & R step fwd (1) lock L behind R (2) R step Fwd (&)
3 – 4 & L step fwd (3) lock R behind L (4) L step Fwd (&)
5 – 6 Turn ¼ R stepping RF to R (5) Turn ¼ R stepping L to L (6)
7 & 8 ½ turn R stepping RF to R (7) close L into RF (&) step RF to R (8)

Sec 2: L & R Dorothy steps, ½ turn L, Chassé ½ turn L

1 – 2 & L step fwd (1) lock RF behind L (2) L step Fwd (&)
3 – 4 & RF step fwd (3) lock L behind RF (4) RF step Fwd (&)
5 – 6 Turn ¼ L stepping L to L (5) Turn ¼ L stepping R to R (6)
7 & 8 ½ turn L stepping L to L (7) close RF into L (&) step L to L (8)

Sec 3: Fwd mambo cross R & L, Pivot ½ turn R, Fwd Shuffle

1 – 2 & Cross R over L (1) recover weight on L (2) step R to R side (&)
3 – 4 & Cross L over RF (3) recover weight on R (4) step L to L side (&)
5 – 6 Step R fwd (5) L+R 1/2 turn L (6)
7 & 8 Step forward on R (7) close L to R (third foot position) (&) step forward on R (8)

Sec. 4: L Mambo fwd ½ L, R Mambo Fwd ½ R, rock step FWD, Coaster step

1 & 2 Step L fwd (1) recover on R & ½ turn L (&) Step R fwd (2)
3 & 4 Step R fwd (3) recover on L & ½ turn L (&) Step R fwd (4)
5 – 6 Step L fwd (5) recover weight on R (6)
7 & 8 Step L back (7) step R in to L (&) step L fwd (8)

Tag: 8 count after wall 1 & 3, Sway R&L, Sailor step, Sway L&R, Sailor step

1 – 2 Step R to R & sway R (1) sway L (2)
3 & 4 Sweep R behind L (3) step L to L (&) step R diagonally Fwd (4)
5 – 6 Step L to L & sway L (5) sway R (6)
7 & 8 Sweep L behind R (7) step R to R (&) step L diagonally Fwd (8)

Last Update - 16 May 2022