

One Woman Man

拍數: 48 牆數: 4 級數: Improver
編舞者: Glynn Rodgers (UK) - March 2022
音樂: I'm a One Woman Man - George Jones



[1-8] SYNCOPATED GRAPEVINE RIGHT, BACK ROCK, HINGE ½ TURN.

1-2 Step Right To Right Side, Cross Left Behind Right.
& Step On Ball Of Right Foot Beside Left.
3-4 Cross Left Over Right, Step Right To Right Side.
5-6 Rock Back Left Behind Right, Recover Weight On To Right Foot.
7-8 Turn ¼ Right Stepping Back Left, Turn ¼ Right Stepping Side Right.

[9-16] CROSS, SIDE, SAILOR STEP, WEAVE LEFT.

1-2 Cross Left Over Right, Step Right To Right Side.
3&4 Cross Left Behind Right, Step Right Slightly To Right Side, Step Left To Place.
5-6 Cross Right Over Left, Step Left To Left Side.
7-8 Cross Right Behind Left, Step Left To Left Side.

[17-24] CROSS ROCK, CHASSE RIGHT, CROSS ROCK, CHASSE ¼ LEFT.

1-2 Cross Rock Right Over Left, Recover Weight On To Left Foot.
3&4 Step Right To Right Side, Close Left To Right, Step Right To Right Side.
5-6 Cross Rock Left Over Right, Recover Weight On To Right Foot.
7&8 Step Left To Left Side, Close Right To Left, Turn ¼ Left Stepping Forward Left.

[25-32] PADDLE ¼ TURN X2, JAZZ BOX.

1-2 Step Forward Right, Pivot ¼ Turn Left.
3-4 Step Forward Right, Pivot ¼ Turn Left.
5-6 Cross Right Over Left, Step Back Left.
7-8 Step Right To Right Side, Close Left To Right.

[33-40] RIGHT & LEFT FOOT CRAWLS (BLUE FINGER LOU / DOCTOR DOCTOR)

1 Stomp Right Foot Forward Towards Right Diagonal.
2-4 Swivel Left Heel Towards Right, Swivel Left Toe Towards Right, Swivel Left Heel Towards Right.
5 Stomp Left Foot Forward Towards Left Diagonal.
6-8 Swivel Right Heel Towards Left, Swivel Right Toe Towards Left, Swivel Right Heel Towards Left.

[41-48] DIAGONAL BACK, TOUCH, SHUFFLE ½ TURN, ROCKING CHAIR.

1-2 Step Right Foot Back Towards Right Diagonal, Touch Left Beside Right.
3&4 Turn ¼ Left Stepping Left To Left Side, Close Right To Left, Turn ¼ Left Stepping Forward Left.
5-6 Rock Forward Right, Recover Weight On To Left.
7-8 Rock Back Right, Recover Weight On To Left.

No Tags Or Restarts.

Note: Other Versions Of This Song By Josh Turner Or George Jones & Marty Stuart Will Work, however They Are Faster And I Don't Think Work As Well As The Listed Track.

Last Update - 2 Apr 2022

