

Number 1 Baby

COPPER KNOB
BYEPOSTETS

拍數: 48 牆數: 2 級數: Low Intermediate
編舞者: EWS Winson (MY) - June 2022
音樂: The One - Tamar Braxton



Intro : 16 counts in (Approx 0.10 sec)

#1 (1-8) R-L Forward Walk, R Anchor Step, L-R Back Attitude Walk, L Sailor ¼ (L) with L Cross

1-2 Weight on LF: Step RF forward (1), step LF forward (2) 12.00
3&4 Lock RF behind LF (3), step LF in place (&), step RF back (4) 12.00
5-6 Step LF back fanning R toes to R side (5), step RF back fanning L toes to L side (6) 12.00
7&8 Turn ¼ L crossing LF behind RF (7), step RF to R side (&), cross LF over RF (8) 9.00

#2 (9-16) R Side Rock & Recover, R Cross Shuffle, L-R Side Hip Sways, L Side Chasse

1-2 Rock RF to R side (1), recover weight on LF (2) 9.00
3&4 Cross RF over LF (3), step LF to L side (&), cross RF over LF (4) 9.00
5-6 Sway hips to L side (5), sway hips to R side (6) 9.00
7&8 Step LF to L side (7), close RF beside LF (&), step LF to L side (8) 9.00

#3 (17-24) R Cross Rock & Recover, R Side Chasse, L Cross, R Side, L Sailor ¼ (L) with L Forward

1-2 Cross rock RF over LF (1), recover weight on LF (2) 9.00
3&4 Step RF to R side (3), close LF beside RF (&), step RF to R side (4) 9.00
5-6 Cross LF over RF (5), step RF to R side (6) 9.00
7&8 Turn ¼ L crossing LF behind RF (7), step RF to R side (&), step LF forward (8) 6.00

#4 (25-32) R-L Forward Walk, R-L English Cross, L Pivot ½ (R), ½ (R) with L Back Lock Steps

1-2 Step RF forward (1), step LF forward (2) 6.00
&3-4 Turn ¼ L stepping RF to R side (&), cross LF over RF (3), turn ¼ R stepping RF forward (4) 6.00
5-6 Step LF forward (5), turn ½ R over R shoulder (6) 12.00
7&8 Turn another ½ R stepping LF back (7), lock RF over LF (&), step LF back (8) 6.00

#5 (33-40) ¼ (R) with R Side, L Cross, R Side Rock Cross, ¼ (R) with L Back Lock Steps, ½ (R) with R Forward Shuffle

1-2 Turn ¼ R stepping RF to R side (1), cross LF over RF (2) 9.00
3&4 Rock RF to R side (3), recover weight on LF (&), cross RF over LF (4) 9.00
5&6 Turn ¼ R stepping LF back (5), lock RF over LF (&), step LF back (6) 12.00
7&8 Turn another ½ R stepping RF forward (7), close LF beside RF (&), step RF forward (8) 6.00

#6 (41-48) L Forward Rock & Recover, L Coaster Step, R Pivot ½ (L) X2

1-2 Rock LF forward (1), recover weight on RF (2) 6.00
3&4 Step LF back (3), close RF beside LF (&), step LF forward (4) 6.00
5-8 Step RF forward (5), turn ½ L over L shoulder (6), step RF forward (7), turn ½ L over L shoulder (8) 6.00

Email : winsonews@gmail.com

Contact no : +60-172790733

Website : <https://sites.google.com/view/dancejournal>