

One for All

拍數: 32 牆數: 2 級數: Beginner +
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音樂: Long as I Got You - James Bonamy



Intro : 4 x 8c

One for all (TRADI)

(1-8) Vine R, Touch R, Side Step L, Hook back R with Slap L, Side step R, Touch L

1-4 « Vine » : R to R, L behind R, R to R, « Touch » touch L point next to R
5-6 L to L, « Hook » lift R behind L leg with « Slap » touch R with L hand
7-8 R to R, « Touch » touch L point next to R

(9-16) Vine L, Touch R, Heel fwd R, Point R over L, Heel fwd R, Together R

1-3 « Vine » : L to L, R behind L, L to L
4 « Touch » touch R point next to L
5-6 R heel forward, point R over L (R point to L of L)
7-8 R heel forward, R next to L

(17-24) Heel Strut L&R, Run back x3, Hitch R

1-2 « Heel strut » L heel forward, put L point
3-4 « Heel strut » R heel forward, put R point
5-7 « Run x3 » Run back L-R-L
8 « Hitch » lift R knee

(25-32) Step turn ½ R, Step fwd R, Together L, Jump (out-out), Jump (In-in), Spread the arms, Clap

1-2 « Step turn ½ » : R forward, ½ turn L (on L) 6H
3-4 R forward, L next to R
5-6 « Jump out-out » spread the feet when jumping, « Jump in-in » put the feet together while jumping
7-8 Raise and spread your arms above your head, clap hands above the head

#3 Styles : Traditional, Catalan et Brazilian

One for all (CATA)

(1-8) Vine R, Cross fwd L, ¼ turn R & Rock step fwd R, ½ turn R & Step fwd R, Scuff L

1-4 « Vine » R to R, L behind R, R to R, « Cross » cross L in front of R
5-6 ¼ turn R and « Rock step » R forward, recover on L 3H
7-8 ½ turn R and R forward, « Scuff » rub L heel next to R 9H

(9-16) ¼ turn R & Vine L, Touch R, Heel fwd R, Point R over L, Heel fwd R, Together R

1-3 ¼ turn R and « Vine » : L to L, R behind L, L to L 12H
4 « Touch » touch R point next to L
5-6 R heel forward, point R over L (R point to L of L)
7-8 R heel forward, R next to L

(17-24) Heel fwd L, Hook fwd L, Step fwd L, Hook back R, Side step R, Foot boogie L

1-2 L heel forward, « Hook » lift L in front of R leg
3-4 L forward, « Hook » lift R behind L leg
5-8 R to R, « Foot boogie » with L heel-point-heel to R (on L)

(25-32) Rock step fwd R, ½ turn & Step fwd R, Together L, Jump (out-out), Jump (In-in), Hold, Stomp L

1-2 « Rock step » R forward, recover on L
3-4 ½ turn R and R forward, L next to R 6H

- 5-6 « Jump out-out » spread the feet when jumping, « Jump in-in » put the feet together while jumping
7-8 Hold, stomp L next to R (on L)

One for all (BRAZIL)

(1-8) Vine ¼ turn R, Latim (Brazilian term)

- 1-3 « vine ¼ turn » R to R, L behind R, ¼ turn L and R back 9H
4-8 Swing the hips (knees bent) : Back (on R) – forward (on L) – back (on R) – forward (on L) – back (on R)

(9-16) ¼ turn R & Vine L, Touch R, Heel fwd R, Point R over L, Heel fwd R, Together R

- 1-3 ¼ turn R and « Vine » : L to L, R behind L, L to L 12H
4 « Touch » touch R point next to L
5-6 R heel forward, point R over L (R point to L of L)
7-8 R heel forward, R next to L

(17-24) Heel fwd L, Hitch L with Slap, Step fwd L, Flick R with Slap, Step back R, Hitch L with Slap, Step fwd L, Flick R

- 1-2 L heel forward, « Hitch » left L knee and hit the thigh with L or both hands
3-4 L forward, « Flick » lift R back and touch R with R hand
5-6 R back, « Hitch » lift L knee and hit the thigh with L or both hands
7-8 L forward, « Flick » lift R back

(25-32) Rock step fwd R, ½ turn & Step fwd R, Together L, Jump (out-out), Jump (In-in), arm movement L, Hitch R with Slap

- 1-2 « Rock step » R forward, recover on L
3-4 ½ turn R and R forward, L next to R 6H
5-6 « Jump out-out » spread the feet when jumping, « Jump in-in » put the feet together while jumping
7 L arm movement : bend L arm and L elbow back (with L shoulder)
8 « Hitch » lift R knee and touch with L hand
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