

# One, Two Step

拍數: 32      牆數: 4      級數: Improver  
編舞者: Krista Young (USA) - November 2022  
音樂: One, Two Step (feat. Missy Elliott) - Ciara



Intro: 32 counts

## [1-8] Step Step, Kick Ball Change, Rock-Rec, ½ Turn Shuffle Step

1-2            Step R ft fwd, step L ft fwd  
3&4           Kick R ft fwd, step R ft back, step L ft fwd  
5-6            Rock R ft fwd, recover on L  
7&8            Step R ft back into ¼ turn R, step L ft together, ¼ turn R into step R ft fwd

## [9-16] Rock-Rec, Coaster Step, Tap Tap, Scuff Turn

1-2            Rock fwd on L, recover on R  
3&4            Step L ft back, step R ft together, step L ft fwd  
5&6            Tap R ft to R side, step R ft together, tap L ft to L side  
7-8            Scuff L ft (knee up), ¼ turn L

## [17-24] Step Tap, Step Rock-Rec Step, Hop Heel Hop Step

1-2            Step L ft fwd, tap R heel fwd  
3-4            Step R ft back, rock back on L  
5-6            Recover on R, step L ft together  
&7&8          Hop onto R ft, tap L heel fwd/L, hop L ft together, step R ft together

## [25-32] Paddle Turns, Kick Ball Taps

1-2            Step R ft fwd, ¼ turn L  
3-4            Step R ft fwd, ¼ turn L  
5&6            Kick R ft fwd, step R ft together, tap L ft to L side  
7&8            Kick L ft fwd, step L ft together, tap R ft to R side

## Tag: 4 extra counts between 4th and 5th repetitions

1-2            Rock fwd on R ft, recover on L  
3-4            Rock back on R ft, recover on L

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