

One Vision

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Katie Blakely (UK) - February 2023
音樂: One Vision - Queen : (Remastered 2011)



**** Choreographed to fundraise for the RNIB – www.justgiving.com/katieandgina**

Begin on the first lyrics “One man...”, approximately 39 seconds into the track.

Sec 1: Step diagonal forward, diagonal forward, back, together. R hip bumps, L hip bumps

1 Step R forward diagonal
2 Step L forward diagonal
3 Step R back
4 Step L in place
5&6 Step R to the right side whilst bumping hips R,L,R.
7&8 Bump hips L, R, L.

Sec 2: R sailor, L unwind ½ turn, kick ball step, slide drag

1&2 Step R foot behind L, step L to left side, step R to right side
3, 4 Touch L behind R, unwind half turn with weight ending on L.
5&6 R kick forward, step R in place, step L in place
7, 8 Step R to right side, drag L towards R.

Sec 3: Back rock, step touch, walk, walk, shuffle forward

1,2 Rock L behind R, R recover
3, 4 Step L to left side, touch R in place
5, 6 Walk forward R, walk forward L
7&8 Step R foot forward, step L in place, step R foot forward

Sec 4: Rock shuffle ¼ turn, cross, side, behind and cross

1, 2 Rock L forward, recover on R
3 & 4 Step L turn quarter turn left, step R in place, step L to left side
5, 6 Step R across L, step L to left side
7&8 Step R behind L, step L to left side, step R across L

Sec 5: Step, tap, tap, kick, back rock, shuffle ½ turn

1 Step L to left front diagonal
2, 3 tap heel twice
4 kick L forward
5, 6 Rock back on L, recover on R
7&8 Turning right, step back ½ turn on L, step R in place, step back on L

Sec 6: Back point, back point, jazz box

1, 2 Step back on R, point L to left side
3, 4 Step back on L, point R to right side
5, 6, 7, 8 Cross R over L, step back on L, step R to right side, step L in place.