

One in a Million

拍數: 64 牆數: 2 級數: Phrased Improver
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音樂: One in a Million - Bosson



Sequence: ABA ABBA Tag BB Ending

PART A

S1 PRISSY WALK, FORWARD MAMBO, WALK BACK, BACKWARD MAMBO

1 2 Step RF forward, step LF forward
3 & 4 Step RF forward, recover on LF, step RF backward
5 6 Step LF forward, step RF backward
7 & 8 Step LF backward, recover on RF, step LF forward

S2 CROSS TOUCH, SIDE TOUCH, SAILOR STEP

1 2 Touch RF over LF, touch RF to R
3 & 4 Step RF behind LF, step LF to L, step RF in place
5 6 Touch LF over RF, touch LF to L
7 8 Step LF behind RF, step RF to R, step LF in place

S3 ROCK STEP, ½ R TURN SHUFFLE, ROCK STEP, COASTER STEP

1 2 Step RF forward, recover on LF
&3 4 ¼ turn R step RF to side, step LF next to RF, ¼ turn R step RF forward
5 6 Step LF forward, recover on RF
7 & 8 Step LF backward, close RF next to LF, step LF forward

S4 STEP HOLD, PIVOT

1 2 Step RF to R, hold
&3 4 Close LF next to RF, step RF to R, close LF next to RF
5 6 Step RF forward, turn ½ L weight on LF
7 8 Step RF forward, turn ½ L weight on LF

PART B

S1 MONTEREY ¼

1 2 Touch RF to R, ¼ R turn close RF beside LF
3 4 Touch LF to L, close LF beside RF
5 6 Touch RF to R, ¼ R turn close RF beside LF
7 8 Touch LF to L, close LF beside RF

S2 SYNCHOPATED ROCK STEP RL, WALK BACK, COASTER STEP

1 2 Step RF forward, recover on LF
&3 4 Step RF beside LF, step LF forward, recover on RF
5 6 Step LF backward, step RF backward
7 & 8 Step LF backward, close RF beside LF, step LF forward

S3 CROSS, SIDE, BEHIND, SWEEP, BEHIND, SIDE, CROSS, STEP, CLOSE

1 2 Cross RF over LF, step LF to L
3 4 Step RF behind LF, sweep LF from front to back
5 & 6 Step LF behind RF, step RF slightly to R, cross LF over RF
7 8 Step RF to R, close LF beside RF

S4 JAZZBOX

1 2 Cross RF over LF, step LF backward

3 4 Step RF to R, step LF forward
5 6 Cross RF over LF, step LF backward
7 8 Step RF to R, step LF forward

ENDING

1 4 Prissy walk RL
5 8 Pivot and pose
1 4 Prissy walk RL
5 8 Give your best pose as ending

TAG

1 4 Doing hip sway with RF and LF close together

Thank you and enjoy the dance ☐
