

One and Only

拍數: 32 牆數: 2 級數: Improver
編舞者: Anne-Marie Thom (SCO) - July 2024
音樂: Beer On a Boat - Ashton Shepherd



Right Chasse, Back Rock, Shuffle Forward, ¼ Turn Left, Chasse Right

1&2 Step right to right, close left to right, step right to right
3,4 Rock back on left, recover onto right
5&6 Step forward on left, step right next to left, step forward on left
7&8 ¼ turn left as you step right to right, close left next to right, step right to right [9]

Back Rock, Left Kick Ball Cross, Side Rock, Step Touch

1,2 Rock back on left, recover onto right
3&4 Kick left forward, step left next to right, cross step right over left
5,6 Rock left to left, recover onto right
7,8 Step left next to right, touch right next to left [9]

Right Chasse, Back Rock, Pivot ½ Turn Right x 2

1&2 Step right to right, step left next to right, step right to right
3,4 Rock back on left, recover onto right
5,6 Step forward onto left, Pivot ½ turn right taking weight on right
7,8 Step forward onto left, Pivot ½ turn right taking weight on right [9]

Left Kick & Point, Right Kick & Point, Left Jazz Box ¼ Turn, Touch

1&2 Kick left forward, step left next to right, point right to right
3&4 Kick right forward, step right next to left, point left to left
5,6 Cross step left over right, step back on right
7,8 ¼ turn left stepping left to left, touch right next to left [6]
