

My No. 1

拍數: 32 牆數: 4 級數: Improver
編舞者: Sanna Alpsjö
音樂: My Number One - Elena Paparizou



It's a quick start. Begin the dance when Elena starts to sing

WALK RIGHT, LEFT, RIGHT SHUFFLE, LEFT STEP TURN ½, LEFT SHUFFLE

1-2 Walk right forward, walk left forward
3&4 Step right forward, step left next to right, step right forward
5-6 Step left forward, turn ½ to the right
7&8 Step left forward, step right next to left, step left forward

STEP SIDE, BEHIND, RIGHT CHASSE, LEFT CROSS ROCK, LEFT SHUFFLE ¼

1-2 Step right to right side, cross left behind right
3&4 Step right to right side, step left next to right, step right to right side
5-6 Cross rock left over right, recover on right
7&8 Step left ¼ to the left, step right next to left, step left forward

Restart from here when dancing 4th time

FULL TURN LEFT, RIGHT SHUFFLE, HIP BUMPS

1-2 Step right back ½ turn to the left, step left forward ½ turn to the left
3&4 Step right forward, step left next to right, step right forward
5-6 Bump left forward, bump right back
7&8 Bump left forward, bump right back, bump left forward

RIGHT BUMP BACK, LEFT KICK BALL TOUCH, RIGHT STEP FORWARD, LEFT MAMBO STEP FORWARD, STOMP RIGHT, STOMP LEFT

1 Bump right back
2&3 Kick left forward, step left next to right, touch right next to left
4 Step right forward
5&6 Rock left forward on left, recover on right, step left together
7-8 Stomp right, stomp left

REPEAT

RESTART

Restart after count 16 on wall 4
