

My Number One

拍數: 64 牆數: 2 級數: Improver samba
編舞者: Johnny Two-Step (UK) & Lizzie Clarke (SCO)
音樂: My Number One - Helena Paparizou



Start dance on the words "You're My Lover"

WALK, WALK, SHUFFLE, PIVOT ¼ TURN LEFT TWICE

1-2-3&4 Walk forward left, right, shuffle forward left, right, left
5-6-7-8 Step forward right & pivot ¼ turn left twice

CROSS & HEEL, & CROSS & HEEL, & STEP RIGHT, LEFT, RIGHT, LEFT, RIGHT, LEFT, RIGHT

1&2&3&4 Cross step right over left & step to left side, dig right heel diagonal right & step right in place, cross step left over right & step right to right side & dig left heel diagonal left
&5&6&7&8 Step left in place & step right forward & step left behind right & step right forward & step left behind right & step right forward & step left behind right & step right forward & step left behind right & step right forward

PADDLE FULL TURN LEFT, STEP TOUCH, STEP TOUCH, REPEAT TO RIGHT (ON OPPOSITE FOOT)

Use this section for the wee tag

1&2&3&4 Make ¼ turn left stepping on left, step right behind left, step ¼ left stepping on left, step right behind left, step ¼ left stepping on left, step right behind left, stepping ¼ left, stepping on left
5-6-7-8 Step right to right side, touch left toe behind right, step left to left side, touch right toe behind left
1-8 Repeat above 8 counts turning to the right, step touch, step touch etc

SHUFFLE ½ LEFT, STEP ¼ LEFT CLAP, STEP ½ LEFT, CLAP, SHUFFLE ¼ RIGHT

1&2 Turning ½ turn left shuffle forward left, right, left
3-4-5-6 Turn ¼ left step right to right side clap hands, turn ½ left step left to left side clap hands
7&8 Turn ¼ turn right shuffle forward right, left, right

ROCK RECOVER, SIDE RECOVER, BEHIND, SIDE, FRONT, ROCK RECOVER, SIDE RECOVER, BEHIND ¼ LEFT STEP

1&2&3&4 Rock forward left, recover, rock left side, recover, step left behind right & step right to right side, cross step left in front of right
5&6&7&8 Rock forward right, recover, rock right side, recover, step right behind left & step left ¼ turn left, step forward on right

ROCK FORWARD RECOVER, TURN ¼ LEFT CHASSE LEFT, STEP KICK, STEP KICK

1-2-3&4 Rock forward left, recover, turn ¼ left, stepping left side & right beside left, step left to left side
5-6-7-8 Step forward right, kick left diagonally forward, step forward left kick right diagonally forward

KICK BALL BACK TWICE, ROCK RECOVER TRIPLE ½ TURN RIGHT

1&2-3&4 Kick right foot forward & step slightly back on right, step left foot slightly back, kick right foot forward & step slightly back on right foot, step left foot slightly back
5-6-7&8 Rock forward right, recover; triple ½ turn right, stepping right, left, right

REPEAT

TAG

Dance 3rd section (paddle turns etc.) once only