

Numero Uno

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Stewart Gimson (UK)
音樂: You're My Number One - S Club 7



HEEL SWITCHES, CROSS, SIDE, TAP HEEL TWICE

1&2 Left heel diagonally forward, switch right heel forward
&3&4 Switch left heel forward, switch right heel forward
&5-6 Step right slightly back, cross left over right, step right to right
7-8 Tap left heel diagonally forward twice

HEEL SWITCHES, CROSS, SIDE, TAP HEEL TWICE

9&10 Left heel diagonally forward, switch right heel forward
&11&12 Switch left heel forward, switch right heel forward
&13-14 Step right slightly back, cross left over right, step right to right
15-16 Tap left heel diagonally forward twice

CROSS ROCK, SIDE SHUFFLE ¼, CROSS ROCK, ½ SHUFFLE TURN

&17-18 Step right slightly back, cross rock left over right, recover on left
19&20 Left side shuffle turning ¼ left
21-22 Rock forward on right, recover on left
23&24 ½ shuffle turn stepping right, left, right

CROSS ROCK, SIDE SHUFFLE ¼, CROSS ROCK, ½ SHUFFLE TURN

25-26 Cross rock left over right, recover on left
27&28 Left side shuffle turning ¼ left
29-30 Rock forward on right, recover on left
31&32 ½ shuffle turn stepping right, left, right

TOE STRUTS, HEEL SWITCHES, CROSS UNWIND ½ TURN

33-36 Left toe strut, right toe strut
37&38 Switch left heel forward, switch right heel forward
&39-40 Step right slightly back, cross left over right, unwind ½ turn right

TOE STRUTS, HEEL SWITCHES, CROSS UNWIND ½ TURN

41-44 Right toe strut, left toe strut
45&46 Switch right heel forward, switch left heel forward
&47-48 Step left slightly back, cross right over left, unwind ½ turn left

DIAGONAL ROCK STEP, DIAGONAL SHUFFLE

49-50 Rock right diagonally forward, recover on left
51&52 Right diagonal shuffle stepping right, left, right
53-54 Rock left diagonally forward, recover on right
55&56 Left diagonal shuffle stepping left, right, left

¼ TOUCH TURNS WITH FINGER CLICKS & CLAPS

57-58 ¼ turn right, touch left by right (click fingers)
59-60 ¼ turn left, step right by left (put weight on right) clap hands
61-62 ¼ turn left, touch right by left (click fingers)
63-64 ¼ turn right, touch left by right (clap hands)

REPEAT
