

# 01-01-01

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Jo Thompson Szymanski (USA)  
音樂: Cruisin' - Gwyneth Paltrow & Huey Lewis



## FORWARD, ROCK, RECOVER, SYNCOPATED BACK LOCK, ROCK BACK, RECOVER, ½ TURN LEFT, SYNCOPATED BACK STEPS

- 1-3            Step forward right, rock forward with left foot, recover back to right foot  
&4            Step back with left foot, lock right foot across in front of left foot  
**On the &4 the body is facing slightly left, and as an option the left arm can go up the back and over to the front**  
5              Step back with left foot  
6-7           Rock back with right foot, recover weight forward to left foot  
&8            Turn ½ left on left foot, small step back with right foot, small step back with left foot

## BIG STEP BACK, DRAG, SYNCOPATED BACK ROCK, SIDE, RECOVER, CROSS SIDE, RECOVER, CROSS

- 1-2            Large step back with right foot, drag left foot to right foot  
&3            Rock back with left foot, recover weight forward to right foot  
4              Step forward with left foot  
5&6           Rock right foot to right side, recover weight to left foot, step right foot across in front of left  
7&8           Rock left foot to left side, recover weight to right foot, step left foot across in front of right

## SPOT TURN RIGHT, SYNCOPATED VINE LEFT, SPOT TURN LEFT, SYNCOPATED VINE RIGHT

- 1-2            Step right foot to right side, step left foot across in front of right  
3              Unwind a full turn right ending with weight on right foot  
&4            Step left foot to left side, step right foot crossed behind left  
5-6           Step left foot to left side, step right foot across in front of left  
7              Unwind a full turn left ending with weight on left foot  
&8            Step right foot to right side, step left foot crossed behind right

## SIDE, CROSS ROCK, RECOVER, TWO SYNCOPATED CROSS ROCKS

- 1-3            Step right foot to right side, rock left foot across in front of right, recover weight back to right foot  
4              Step left foot to left side  
5&6           Rock right foot across in front of left, recover weight back to left foot, step right foot to right side  
7&8           Rock left foot across in front of right, recover weight back to right foot, turn ¼ left, step forward on left foot

## REPEAT

**Choreographer's note:** I enjoy this dance to slower songs such as the ones listed above for a relaxed feel. It's best when not rushed. I choreographed this on New Year's Day (01-01-01) and hope you enjoy dancing it!