

On The One Hand (P)

拍數: 32 牆數: 0 級數: Partner
編舞者: Harold Grimshaw (UK)
音樂: Any country 4/4 or Cha-cha music between 95 BPM and 110 BPM



Position: Both facing OLOD, man behind lady, holding right hands above right shoulder. Left hands remain free throughout. Steps same for both unless otherwise indicated

TOUCH, STEP, $\frac{3}{4}$ TURN SHUFFLE RIGHT

1-2 Touch left toes next to right, step left to left side
3&4 Right shuffle $\frac{3}{4}$ turn right into LOD (man turning under raised right arms)

STEP $\frac{1}{4}$ TURN, BEHIND, $\frac{1}{4}$ TURN SHUFFLE LEFT

5-6 (Pivoting $\frac{1}{4}$ right to face OLOD) step left to left side, step right behind left
7&8 Left shuffle $\frac{1}{4}$ left into LOD (now in 'one-handed' sweetheart position)

FORWARD ROCK, FORWARD SHUFFLE

9-10 Step forward onto right, rock weight back onto left
11&12 Right shuffle forward

MAN: BACK ROCK, FORWARD SHUFFLE, LADY: $\frac{1}{2}$ TURN LEFT, LEFT SHUFFLE $\frac{1}{2}$ LEFT

13 **MAN:** Step back onto left
 LADY: (Raising right arms) step left $\frac{1}{2}$ to left (in front of man)
14 **MAN:** Rock weight forward onto right
 LADY: Step right next to left
15&16 **MAN:** Left shuffle forward
 LADY: Left shuffle forward $\frac{1}{2}$ to left

Man now behind lady facing LOD

HIP ROLLS

17-18 Roll hips to the right (right to left)
19-20 Roll hips to the right (right to left)

MAN: RIGHT VINE, LADY: ROLLING TURN RIGHT

21-22 **MAN:** Step right to right side, Step left behind right
 LADY: Step right $\frac{1}{4}$ to right side, step back onto left (turning $\frac{1}{2}$ right)
23-24 **MAN:** Step right to right side, touch left toes next to right
 LADY: Step right to right side (turning $\frac{1}{4}$ right), left touch left toes next to right

Now in one-handed sweetheart position

SHUFFLES FORWARD

25&26 Left shuffle forward
27&28 Right shuffle forward

SIDE-STEP, TOE SLIDE, $\frac{1}{4}$ TURN SHUFFLE RIGHT

29-30 Step left to left side, slide right toes next to left (keeping weight on left)
31-32 Right shuffle $\frac{1}{4}$ to right (returning to starting position - man behind lady facing OLOD)

REPEAT