

One

拍數: 0 牆數: 4 級數: Intermediate
編舞者: Michel Cabana (CAN)
音樂: One - Faith Hill



Sequence: AB AC AB AA AA AA AA

PART A

TOUCH & STEP, TOUCH & STEP, ½ TURN LEFT, FULL TURN RIGHT

- 1&2 Touch right to the right side, bring right foot towards the left knee, step forward on the right crossing slightly over left
- 3&4 Touch left to the left side, bring left foot towards the right knee, step forward on the left crossing slightly over right
- 5&6 Step forward on the right, pivot ½ turn left as you bring left together, step forward on the right
- 7&8 Pivot ½ turn left as you step back on the left, pivot ½ turn left as you step right beside left, step forward on the left

Optional steps for counts 5-8

- 5-6 Step forward on the right, pivot ½ turn left
- 7-8 Step forward on the right, step forward on the left

TOUCH, TOUCH, STEP SIDE, CROSS ROCK BEHIND & STEP, CROSS, UNWIND ¾ TURN LEFT, ROCK BEHIND & STEP FORWARD

- 1&2 Touch right forward, touch right beside left, step right to the right side
- 3&4 Cross left behind right, recover weight on the right, step left to the left side
- 5-6 Cross right over left, unwind ¾ turn left weight ending on the right
- 7&8 Step back on the left, recover weight on the right, step forward on the left

TOUCH, TOUCH, KICK, COASTER STEP, ROCK & TOGETHER, MILITARY PIVOT

- 1&2 Touch right to the right side, touch right beside left, kick right forward
- 3&4 Step back on the right, step left beside right, step forward on the right
- 5&6 Rock forward on the left, recover weight on the right stepping a little further back, step left beside right
- 7-8 Step forward on the right, pivot ½ turn left weight ending on the left

CROSS, TOUCH, TOUCH, SAILOR SHUFFLE & CROSS, TOUCH, TOUCH, SAILOR SHUFFLE &

- 1&2 Cross right over left, touch left behind right, touch left to the left side
- 3&4& Cross left behind right, step right beside left, step left to the left side, step right slightly behind left
- 5&6 Cross left over right, touch right behind left, touch right to the right side
- 7&8& Cross right behind left, step left beside right, step right to the right side, step left slightly behind right

PART B

- 1-16 The first 16 counts of Part A

PART C

- 1-8 The first 8 counts of Part A