

# One And Two

拍數: 48      牆數: 0      級數:  
編舞者: Justine Shuttleworth (AUS)  
音樂: Better Man, Better Off - Tracy Lawrence



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- 1&2      Rock forward right, rock back left, step right next to left  
3&4      Rock forward left, rock back right, step left next to right
- 1&2      Rock forward right, rock back left, turning  $\frac{1}{2}$  turn right step forward right  
3&4      Rock forward left, rock back right, turning  $\frac{1}{2}$  turn left step forward left
- 1&2      Rock forward right, rock back left, step right next to left  
3&4      Rock forward left, rock back right, step left next to right
- 1&2      Step right to right, pivot  $\frac{1}{4}$  turn left and step left next to right, step forward right  
3&4      Step forward left, pivot  $\frac{1}{2}$  turn right and step right next to left, step forward left
- 1&2      Rock forward right, rock back left, step right next to left  
3&4      Rock forward left, rock back right, step left next to right
- 1&2      Step right to right, pivot  $\frac{1}{4}$  turn left and step left next to right, step forward right  
3&4      Step forward left, pivot  $\frac{1}{2}$  turn right and step right next to left, step forward left
- 1&2      Cross right over left, step left to left, cross right over left (shuffle)  
3&4      Cross left over right, step right to right, cross left over right (shuffle)
- 1&2      Touch right toe to right, step right next to left, touch left toe to left  
3&4      Take left toe off the ground and touch left again, step left next to right, touch right toe to right
- 1&2      Cross right over left, twist on balls of both feet  $\frac{1}{2}$  turn left, twist  $\frac{1}{4}$  turn right on balls of both feet  
3&4      Step back on right, step left next to right, step forward on right
- 1&2      Touch left heel forward, slap outside of left foot with left hand, touch left heel forward  
3&4      Step back on left, step right next to left, step forward on left
- 1&2      Step slightly back on right, step left next to right, step forward right  
3&4      Step slightly back on left, step right next to left, step forward left
- 1&2      Step forward right, pivot  $\frac{1}{2}$  turn left transferring weight to left, step forward right  
3&4      Step forward left, pivot  $\frac{1}{2}$  turn right transferring weight to right, step forward left

**REPEAT**

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