

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
