

One For Me

拍數: 40 牆數: 4 級數: Intermediate/Advanced
編舞者: Andrew Palmer (UK), Simon Cox (UK) & Sheila Palmer (UK)
音樂: Back At One - Mark Wills



1 Count Intro!

ROCK, RECOVER, POINT, BEHIND, SIDE, CROSS, UNWIND, SIDE, BEHIND, SIDE, CROSS, SWEEP, STEP

1&2 Rock right behind left, recover to left, point right to side
3&4&5 Step right behind left, step left to side, cross right over left, unwind full turn left (weight to left), step right to side
6&7 Step left behind right, step right to side, cross left over right
8&8 Sweep right to side, step right in front of left

ROCK, RECOVER, SWEEP ¼ LEFT, ROCK, RECOVER, DRAG, ROCK, RECOVER, ¼ RIGHT, ¾ RIGHT, CROSS, SIDE

1&2 Rock left over right, recover to right, sweep left ¼ left (9:00)
3&4 Rock left behind right, recover to right, step left large step to side (drag right in place beside left)
5&6 Rock right behind left, recover to left, ¼ right (12:00) step right forward
7&8&8 ½ right (6:00) step left back, ¼ right (9:00) step right to side, cross left over right, step right to side

ROCK, RECOVER, ¼ LEFT, ½ LEFT, BACK, CROSS, ROCK, RECOVER, ROCKING-CHAIR, FORWARD, ¼ LEFT, POINT

1&2 Rock left behind right, recover to right, ¼ left (6:00) step left forward
3&4 ½ left (12:00) step right back, step left back, lock right over left
5& Rock left to side, recover to right (turning to right diagonal)
6&7&8 Rock left forward (still facing diagonal), recover to right, rock left back, recover to right
8&1 Step left forward (still facing diagonal), ¼ left (9:00) step right back, point left to side

On wall 5 only, step left in place beside right (9:00) and start the dance again from here

BEHIND, FORWARD, FORWARD, LOCK, FORWARD, FORWARD, ROCK, RECOVER, ½ LEFT, ½ LEFT, ½ LEFT, SIDE

2&3 Step left behind right, step right forward, step left forward
4&5 Lock right behind left, step left forward, step right forward
6& Rock left forward, recover to right
7&8&8 ½ left (3:00) step left forward, ½ left (9:00) step right back, ½ left (3:00) step left forward, step right to side

ROCK, RECOVER, SIDE, ROCK, RECOVER, ¼ RIGHT, STEP, TURN, SIDE, HINGE, SWAY, RECOVER

1&2 Rock left behind right, recover to right, step left to side

On wall 2 only, touch right behind left, unwind ½ right over 2 counts (6:00) and start the dance again from here

3&4 Rock right behind left, recover to left, ¼ right (6:00) step right forward
5&6&6 Step left forward, pivot ½ right (12:00) step right slightly forward, ¼ right (3:00) step left to side, hinge ½ right (9:00)
7-8 Sway right to side, recover to left

REPEAT