

One For One

拍數: 32 牆數: 2 級數: Improver
編舞者: Sophie Turner (UK)
音樂: Songbird - Eva Cassidy



SYNCOPATED WEAVE, STEP BACK, BACK LOCK STEP, SYNCOPATED CROSS STEP TO RIGHT AND POINT

&1&2 Step right across left, step left to left side, step right behind left, step left to left side
&3-4 Step right across left, step left to left side, step back on right
5&6 Step back on left, lock right in front of left, step back on left
&7-8 Step to side on right, cross left in front of right, point right to right side

¼ TURN, POINT, HEEL BALL POINT, REPEAT

9-10 Step forward on right making a ¼ turn to right, point left toe to left side
11&12 Dig left heel forward, step left in place, point right toe to right side
13-14 Step forward on right making a ¼ turn to right, point left toe to left side
15&16 Dig left heel forward, step left in place, point right toe to right side

STEP FORWARD, RONDE, LEFT SHUFFLE FORWARD, STEP BACK AND DRAG, SYNCOPATED VINE TO LEFT

17-18 Step forward on left, ronde forward with left foot
19&20 Left shuffle forward - left right left
21-22 Step back on right, drag left next to right
&23-24 Step to side on left, cross right behind left, step to side on left

STEP TAP AND SHUFFLE, SYNCOPATED VINE AND CROSS STEP TO RIGHT

25-26 Step forward on right, tap left toe behind right heel
27&28 Left shuffle forward - left right left
29-30 Step right to right side, cross left behind right
&31-32 Step on to ball of right foot, cross left in front of right, point right toe to right side

REPEAT
