

# 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

---