

One For The Road

拍數: 32 牆數: 4 級數: Improver
編舞者: Robbie McGowan Hickie (UK)
音樂: Just One More Time - The Derailers



Script written as 90 bpm

FORWARD ROCK & POINT, BEHIND, SIDE, STEP FORWARD (LEFT & RIGHT)

1&2 Rock forward on left, rock back on right, point left toe out to left side
3&4 Cross left behind right, step right to right side, step forward on left
5&6 Rock forward on right, rock back on left, point right toe out to right side
7&8 Cross right behind left, step left to left side, step forward on right

LEFT MAMBO FORWARD, RIGHT LOCK STEP BACK, LEFT COASTER STEP, TOE STRUTS FORWARD (RIGHT & LEFT)

1&2 Rock forward on left, rock back on right, step back on left
3&4 Step back on right, lock left across right, step back on right
5&6 Step back on left, step right beside left, step forward on left
7& Step forward on right toe, drop right heel to floor
8& Step forward on left toe, drop left heel to floor

STEP, PIVOT ¼ TURN LEFT, CROSS, CHASSE LEFT, CROSS ROCK & SIDE RIGHT, CROSS ROCK & SIDE LEFT

1&2 Step forward on right, pivot ¼ turn left, cross step right over left, (facing 9:00)
3&4 Step left to left side, close right beside left, step left to left side
5&6 Cross rock right over left, rock back on left, step right to right side
7&8 Cross rock left over right, rock back on right, step left to left side

STEP, PIVOT ½ TURN LEFT, TOUCH, RIGHT LOCK STEP FORWARD, STEP, FULL TURN RIGHT, RIGHT COASTER STEP

1&2 Step forward on right, pivot ½ turn left, touch right toe beside left
3&4 Step forward on right, lock left behind right, step forward on right
5&6 Step forward on left, pivot ½ turn right, turn ½ turn right stepping back on left
7&8 Step back on right, step left beside right, step forward on right, (facing 3:00)

Easier option

5&6 Left mambo forward

REPEAT
