One Heart

拍數: 32	牆數: 4	級數: Improver
編舞者: David Scott (UK)		
音樂: One Heart - Céline Dion		

CROSS, SIDE, BEHIND, SWEEP, BEHIND, SIDE, FRONT, SWEEP

1-2-3-4	Cross left over right, step right to side, step left behind right, sweep right round behind left
5-6-7-8	Step right behind left, step left to side, cross right over left, sweep left round

CROSS, UNWIND ½ TURN, BACK ROCK, RIGHT SHUFFLE, STEP, SWEEP

1-2-3-4	Cross left over right, unwind half turn right, rock back on right, recover on left
5&6	Step right forward, bring left next to right, step forward on right
7-8	Step forward on left, sweep right round in front of left

CROSS, UNWIND ¾ TURN, KNEE BEND, RIGHT SHUFFLE, ROCK, RECOVER

1-2	Cross right over left, unwind ¾ turn left
3-4	Bend knees as if you are sitting down then stand back up with weight on left
5&6	Step right forward, bring left next to right, step forward on right
7-8	Rock left foot forward, recover weight on right

STEP BACK TWICE, BACK LEFT SHUFFLE, ROCK RECOVER, RIGHT SHUFFLE

1-2	Step back on left, step back on right
3&4	Step back on left, bring right next to left, step back on left
5-6-	Rock right foot back, recover weight on left
7&8	Step forward on right, bring left next to right, step forward on right

REPEAT

TAG
The tag is done after the first 16 counts of the dance on the ninth repetition. The music will change at the end of the seventh repetition. Do the dance once more and then the first 16 counts and then the tag then do the dance until the end.

JAZZ BOX WITH A TOUCH

1-2-3-4	Cross right over left, step back on left, step right to side, touch left next to right