

One In A Million

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Carol Clements (UK)
音樂: One in a Million - Bosson



For practice, use the slower version, which is the last track on the Miss Congeniality Soundtrack. Practice track does not work for the tag. The middle section is slightly different, and the tag would happen earlier. Only use the practice track for getting used to the steps, then use the main track for the actual dance with the tag in the correct place.

POINT SWEEP, SAILOR STEP, CROSS ROCK, SHUFFLE QUARTER TURN

1-2-3&4 Point right forward, sweep to right, right cross behind left, step left to side, step right to side
5-6-7&8 Rock left across right, replace, shuffle turning quarter left (left-right-left)(now facing 9:00)

STEP TURN POINT, TURN, POINT, CROSS, BACK, SIDE CHASSE

1-2 Step right forward, making quarter turn to right point left to left side (12:00)
3-4 Turning quarter left step forward left (9:00), turning quarter left point right to right side (6:00)
5-6-7&8 Cross right over left, step back on left, chasse to the right side right-left-right

CROSS ROCK, QUARTER TURN, HALF TURN, SIDE, SLIDE, POINT HITCH POINT

1-2-3-4 Cross rock left over right, replace, step left making quarter turn left, step back on right making half turn left
5-6-7&8 Take big step to left, slide right to left, point right to right, hitch and point right out to right again (9:00)

QUARTER TURN, COASTER, SHUFFLE FORWARD, ROCK REPLACE QUARTER TURNING SHUFFLE

1-2&3&4 Keeping right foot out make quarter turn to right so that right foot is now pointing forward with weight on left (12:00), right back, left to meet right, right forward, straight into right shuffle (coaster and shuffle are joined together)
5-6-7&8 Cross rock left over right, replace shuffle left-right-left turning quarter left (9:00)

SIDE HOLD & CHASSE RIGHT, HALF TURN, SWEEP, FORWARD SAILOR STEP

1-2&3&4 Step right to right, hold, close left to right, then chasse right-left-right
5-6-7&8 Turn half left stepping left forward, sweep right across in front of left, step right over left, step side left, step right to side (3:00)

STEP BACK, TURN HALF RIGHT SHUFFLE FORWARD, HEEL & TOUCH & HEEL & TOUCH

1-2-3&4 Step left back, turn half right stepping right forward, shuffle forward left-right-left (9:00)
5&6&7&8 Dig right heel forward, step on right, touch left beside right, step on left, dig right forward, step on right touch left beside right

ROCK REPLACE HALF TURN, HALF TURN, QUARTER TURN SIDE CHASSE ROCK REPLACE

1-4 Rock left forward, replace on right, turn back half left stepping on left, turn further half left stepping on right
5&6 Turn quarter left into chasse left-right-left
7-8 Rock right behind left, replace (6:00)

CHASSE QUARTER TURN RIGHT, SHUFFLE HALF TURN, ROCK REPLACE, FULL TURN

1&2-3&4 Chasse to right making quarter turn (right-left-right), continue shuffling round making half turn right stepping left-right-left (3:00)
5-8 Rock right behind left, replace, make full turn left stepping right, left

Alternative: 2 walks forward - this makes it easier to get into the point-sweep of the beginning, at least until you are used to the dance

REPEAT

TAG

At the end of the 4th wall (facing front), there is a 4 count tag. After the full turn at the end of the dance, stand still and bump hips right, left, right, left, making sure weight ends on left foot, then restart as normal.
