

One In A Million

拍數: 32 牆數: 4 級數: Improver
編舞者: Liz Rosenblatt (USA)
音樂: One in a Million - Bosson



SHUFFLE BACK, HALF A TURN, SHUFFLE LEFT, SYNCOPATED HEEL SWITCHES

1&2 Shuffle back, right, left, right
3&4 ½ turn to the left, shuffle left, right, left
&5&6 Step right, tap left heel forward, to left corner, step left, step right next to left
&7&8 Step left, tap right heel forward to right corner, step right, step left next to right

ROCK STEPS, HALF A TURN, OUT OUT, IN IN

9&10 Rock right foot forward, step left in place, step right foot next to left
11&12 Rock left foot back, step right in place, step left foot next to right
13-14 Step right foot forward, turning ½ turn left
&15&16 Step right foot out to right side, step left foot out to left side, step right foot in, step left foot in

HIP BUMPS FORWARD RIGHT, HIP BUMPS FORWARD LEFT (2X)

17-18 Bump hips right (2x)
19-20 Bump hips left (2x)
21-22 Step right foot out and bump hips right (2x)
23-24 Step left foot out and bump hips left (2x)

As you do steps 21-24, take index finger and hold it up as you bump. When you bump right, the right index finger is lifted. When you bump left, the left index finger is lifted

SYNCOPATED LEFT WEAVE, SIDE TOUCH, SYNCOPATED SIDE TOUCHES, ¼ TURN LEFT, HIP THRUST FORWARD

25&26 Cross right over left, step left to side, cross right behind left
&27&28 Step left to side, cross right in front of left, hold for one count, touch left foot out to side
&29&30 Step left, touch right foot out to right side, step right, touch left foot out to left side
31-32 Turn ¼ turn left, thrust hips forward (shifting the weight forward on left foot)

REPEAT
