

# One In A Row

拍數: 32      牆數: 2      級數: Intermediate  
編舞者: Tom Knight (USA)  
音樂: One In a Row - Trick Pony



## ½ PIVOT TURN, LOCK STEP, SHUFFLE & ¾ TURN

- 1-2      ½ pivot turn (step forward on right foot, turning ½ left)
- 3&4      Lock step (step forward on right foot, step left foot behind right, step forward on right foot)
- 5&6      Left shuffle (shuffle forward left, right, left)
- 7-8      ¾ turn (turn ¾ over left shoulder stepping right, left)

## ROCK STEP, CROSS SHUFFLE, ROCK STEP & CROSS SHUFFLE

- 1-2      Rock step (rock right foot to right side & recover)
- 3&4      Cross shuffle (cross right foot over left & shuffle)
- 5-6      Rock step (rock left foot to left side & recover)
- 7&8      Cross shuffle (cross left foot over right & shuffle)

## SYNCOPATED BACK STEPS, ROCK STEP, SHUFFLE, STEP & TOUCH

- &1&2      Syncopated back steps (with legs still crossed, step back "on balls of feet" right, left, right, left)
- 3-4      Rock step (rock back on right foot & recover on left)
- 5&6      Shuffle step (shuffle forward, right, left, right)
- 7-8      Step & toe touch (step forward on left & touch right next to left foot)

## TOE TOUCHES, RIGHT SWEEP, ½ TURN, STEP TOUCH & SYNCOPATED ROCK STEPS

- 1-2      Toe touches (touch right toe forward, touch toe to right side)
- 3&4      Toe touch & sweep (touch right toe forward and sweep to the right into a ½ turn over right shoulder)
- 5-6      Step & toe touch (step forward on left & touch right next to left foot)
- &7&8      Syncopated rock steps (rock forward on right, back on left, rock back on right, forward on left)

## REPEAT

## ALTERNATE ENDING

When the "Champs" Start playing the song "Tequila" which is 12 counts into the dance do the following

- 5-6      Rock step (rock back on left and recover)
- 7&8      Triple step (do a triple step to front wall, planting feet apart while putting hands at an angle down to the floor on words "tequila" - like a "y" upside down - head to arms)