

One Is Breaking

拍數: 40 牆數: 1 級數: Improver
編舞者: Louise Elfvengren (NOR)
音樂: One - Faith Hill



SHUFFLE BACK, ½ TURN COASTER STEP, SHUFFLE BACK, COASTER STEP

- 1&2 Step right back, close left beside right, step back left. (12:00)
3&4 Step left back, step right beside left, step left forward, at step 4 half turn right (6:00)
5&6 Step right back, close left beside right, step back left.
7&8 Step left back, step right beside left, step left forward

SIDE, TOGETHER, FORWARD, MAMBO FORWARD, MAMBO BACKWARDS STEP

- 9&10 Step right to right side, step left next to right, step forward on right
11&12 Step left to left side, step right next to left, step forward on left
13&14 Step forward with right foot, rock back onto left foot, step right foot next to left
15&16 Step back with left foot, rock forward onto right foot, step left foot next to right

17-32 Repeat steps 1- 16 above facing back

SKATE FORWARD RIGHT AND LEFT, FORWARD ROCK AND SHUFFLE BACKWARDS

- 33-34 Swivel right foot forward and toward right, swivel left foot forward and toward left (angling body in same direction as feet)
35&36 Swivel right foot forward and toward right, bring left foot up to right, step right forward
37-38 Rock left foot forward, recover weight to right foot
39&40 Step left back, close right beside left, step back right.

ROCK, SAILOR STEP, ROCK AND SAILOR STEP

- 41-42 Rock right foot to right side, recover weight to left foot
43&44 Cross right behind left, turn ¼ to the right and step left foot to the left side, step right to right side (3:00)
45-46 Rock left foot to right side, recover weight to right foot
47&48 Cross left behind right turn ¼ to the left and step right foot to the right side, step left to left side (12:00)

REPEAT

RESTART

Restart after count 36 on wall 2.