

# One Little Word

拍數: 32      牆數: 4      級數:  
編舞者: Betty McNeill (UK)  
音樂: Saying Sorry - The Borderers



## STEP HOLD, SAILOR, HOLD, SAILOR ¼ TURN RIGHT

- 1-2-3&4      Step right to right side, hold, step left foot behind right foot, step right foot to right side, step left foot to left side
- 5-6&7      Hold, step right foot behind left foot, step left foot to side, step right foot to right making ¼ turn right

## LEFT LOCK STEP, SIDE ROCK, TRIPLE IN PLACE, SIDE ROCK LEFT

- 8&1-2-3      Step left foot, lock right foot behind left foot, step forward left foot, rock right foot to right side, replace weight onto left foot
- 4&5-6-7      Triple in place (right-left-right), rock left to left side, replace weight onto right foot

## COASTER LEFT, ½ PIVOT STEP, LOCK STEP RIGHT

- 8&1-2-3      Step back on left foot, step right foot next to left foot, step forward on left foot, ½ pivot right then step forward onto left foot
- 4&5-6-7      Step forward right foot, lock left foot behind right foot, step forward onto right foot, rock forward onto left foot, replace weight back onto right foot

## LOCK STEP BACK, ROCKS, SHUFFLE ½ TURN RIGHT, TOUCH WITH ¼ TURN

- 8&1-2-3      Step back onto left foot, lock right foot in front of left foot, step back onto left foot, rock back onto right foot, replace weight onto right foot
- 4&5-6-7-8&      Shuffle ½ turn to right, step onto left foot making ¼ turn right, touch right foot to left foot, take two quick steps to right side (right, left)

**The last two counts together with the 1st count dance as a chasse**

**REPEAT**