

One Of These

拍數: 32 牆數: 4 級數: Beginner
編舞者: Wendy Anne Redpath (UK)
音樂: One of These Nights - Eagles



ROCK RIGHT, RECOVER, CROSS SHUFFLE, ROCK LEFT, RECOVER, CROSS SHUFFLE

1-2 Rock on right to right side, step left in place
3&4 Cross right over left, step left beside right, cross right over left
5-6 Rock on left to left side, step right in place
7&8 Cross left over right, step right beside left, cross left over right

ROCK FORWARD, RECOVER, SHUFFLE BACK, ROCK BACK RECOVER, SHUFFLE FORWARD

9-10 Rock forward on right, step left in place
11&12 Step back on right, step left beside right, step back on right
13-14 Rock back on left, step right in place
15&16 Step forward on left, step right beside left, step forward on left

STEP FORWARD, PIVOT ½ SHUFFLE, STEP FORWARD ¼ TURN, SHUFFLE

17-18 Step forward on right, pivot (on toes) turn ½ over left shoulder stepping down on left
19&20 Step forward on right, step left beside right, step forward on right
21-22 Step forward on left while turning ¼ right, step right beside left
23&24 Step forward on left, step right beside left, step forward on left

STEP DIAGONAL FORWARD, TOUCH, DIAGONAL BACK TOUCH (TWICE), DIAGONAL FORWARD TOUCH

25-26 Step diagonally forward right on right, touch left beside right
27-28 Step diagonally back left on left, touch right beside left
29-30 Step diagonally back right on right, touch left beside right
31-32 Step diagonally forward left on left, touch right beside left

REPEAT
