

One Step

拍數: 0 牆數: 4 級數: Advanced
編舞者: Double D (UK)
音樂: One Step Closer - S Club Juniors



Sequence: A B (hold for 2 counts) A B C B B (end on section B count 32, replace triple half turn with coaster step)

SECTION A

SIDE BEHIND AND HEEL AND CROSS, SIDE BEHIND AND HEEL AND CROSS

1-2 Step right to right side, cross left behind right
&3&4 Step right, point left heel to left side, step left next to right, cross right over left
5-6 Step left to left side, cross right behind left
&7&8 Step left, point right heel to right side, step right next to left, cross left over right

STEP LOCK SHUFFLE, PIVOT ½ TURN, TRIPLE ½ TURN

9-10 Step forward right, lock left behind right
11&12 Step forward right, step left next to right, step forward right
13-14 Step forward left pivot ½ turn over right shoulder
15&16 Continue turning right ½ turn stepping left, right, left

ROCK BACK FORWARD, AND LEFT RIGHT LEFT, ROCK FORWARD BACK, TRIPLE ½ TURN

17-18 Rock back onto right step forward on left
&19&20 Step right next to left, step forward left, step right next to left, step forward left
21-22 Rock forward right step back left
23&24 Triple ½ turn over right shoulder stepping right, left, right

ROCK FORWARD BACK, COASTER CROSS

25-26 Rock forward left back right
27&28 Step back left, step right beside left, cross left over right

29-54 Repeat steps 1-26
55&56 Step back left, step right beside left, step forward left

SECTION B

STEP LOCK SHUFFLE, STEP LOCK SHUFFLE

1-2 Step forward right, lock left behind right
3&4 Step forward right, step left beside right, step forward right
5-6 Step forward left, lock right behind left
7&8 Step forward left, step right beside left, step forward left

SYNCOPATED GRAPEVINE TO THE RIGHT, ROCK SIDE RECOVER

9-10 Step right to right side, cross left behind right
&11-12 Step right to right side, cross left over right, step right to right side
13&14 Cross left behind right, step right to right side, cross left over right
15-16 Rock right to right side, recover weight to left

CROSS ¼, TRIPLE ½, ¼ TURN CROSS SHUFFLE

17-18 Cross right over left, ¼ turn to right stepping back on left
19&20 Continue turning over right shoulder stepping back right, left, right
21-22 Step forward left pivot ¼ turn right
23&24 Cross left over right, step right to right side, cross left over right

ROCK RECOVER, COASTER STEP, ROCK RECOVER, TRIPLE ½ TURN

- 25-26 Rock right to right side recover weight onto left
27&28 Step back right, step left next to right, step forward right
29-30 Rock forward left recover weight onto right
31&32 Triple ½ turn over left shoulder stepping left, right, left

STEP KICK, AND CROSS TOUCH, CROSS UNWIND HIP HIP

- 33-34 Step forward right kick left
&35-36 Step back left, cross right over left, touch left toes to left side
37-38 Cross left over right, unwind ½ turn over right shoulder
39-40 Bump hips right, left

KICK AND OUT, KICK AND OUT, SWIVEL HEELS ¼ TURN, BODY ROLL

- 41&42 Kick right forward, step right next to left, touch left toe to left side
43&44 Kick left forward, step left next to right, touch right toe to right side
45&46 Swivel heels left, right, left making a ¼ turn to the right
47-48 Body roll (alternative: bending knees dip down and up)

SECTION C

RIGHT GRAPEVINE, LEFT GRAPEVINE ¼ TURN

- 1-4 Step right to right side, cross left behind right, step right to right side, touch left next to right
5-8 Step left to left side, cross right behind left, step left to left side, scuff right making ¼ turn to left

WALK BACK, WALK FORWARD ¼ TURN

- 9-12 Walk back right, left right, touch left next to right
13-16 Walk forward left, right, left, scuff right ¼ turn to left

RIGHT GRAPEVINE, LEFT GRAPEVINE ¼ TURN

- 17-20 Step right to right side, cross left behind right, step right to right side, touch left next to right
21-24 Step left to left side, cross right behind left, step left to left side, scuff right making ¼ turn to left

WALK FORWARD KICK, WALK BACK

- 25-28 Walk forward right, left, right, kick left
29-32 Walk back left, right, left, touch right next to left

HEEL SWITCHES, CLAP CLAP, HEEL SWITCHES, CLAP CLAP

- 33&34& Touch right heel forward, step right in place, touch left heel forward, step left in place
35&36 Touch right heel forward, clap hands twice
&37&38 Step right foot in place, touch left heel forward, step left foot in place, touch right heel forward
&39&40 Step right foot in place, touch left heel forward, clap hands twice

PIVOT ½ TURN, PIVOT ½ TURN, RIGHT SAILOR, LEFT SAILOR

- &41-42 Step left foot in place, step forward right ½ pivot turn over left shoulder
43-44 Step forward right ½ pivot turn over left shoulder
45&46 Cross right behind left, step left to left side, step right to right side
47&48 Cross left behind right, step right to right side, step left to left side

HEEL SWITCHES, CLAP CLAP, HEEL SWITCHES, CLAP CLAP

- 49&50& Touch right heel forward, step right in place, touch left heel forward, step left in place
51&52 Touch right heel forward, clap hands twice
&53&54 Step right foot in place, touch left heel forward, step left foot in place, touch right heel forward
&55&56 Step right foot in place, touch left heel forward, clap hands twice

