

One Step In Front Of The Other

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Dianne Joseph (AUS)
音樂: One Foot In Front of the Other - Lee Roy Parnell



- 1-2 Step right forward at 45 degrees, step left behind right
3-4 Step right forward at 45 degrees, touch left beside right
5-8 Step left back at 45 degrees, hold, step right back at 45 degrees, hold
- 1-2 Step left forward at 45 degrees, step right behind left
3-4 Step left forward at 45 degrees, touch right beside left
5-8 Step right back at 45 degrees, hold, step left back at 45 degrees, hold
- 1-3 Step right across front of left, step left back, step right to side
4 Scuff left at 45 degrees to left
5-7 Step left across front of right, step right back, step left to side
8 Scuff right at 45 degrees to right
- 1-3 Step right across front of left, step left back, step right to side
4 Scuff left at 45 degrees to left
5-7 Step left across front of right, turn $\frac{1}{4}$ turn right and step back on right
8 Step left to side, scuff right beside left
- 1-4 Vine right turning $\frac{1}{4}$ turn right, touch left beside right
5-8 Step back on left, hold, step back on right, hold
- 1-4 Step back on left, rock forward onto right, touch left heel forward, hold
5-8 Step left to side, hold, step right beside left, hold
- 1-4 Step back on right, rock forward onto left, touch right heel forward, hold
5-8 Step back on right, step left beside right, step right forward, hold
- 1-3 Step back on left, rock forward onto right, step forward on left
4 Turn $\frac{1}{4}$ turn right
5-7 Step back on right, step back on left, step back on right
8 Step forward on left

REPEAT
