

# One Sweet Letter

拍數: 48      牆數: 4      級數: Improver east coast swing  
編舞者: Christien van Londen (NL) & Vera Esman (NL)  
音樂: One Sweet Letter - James Intveld



## SIDE SHUFFLE, CROSS, SIDE, BACK ROCK, RECOVER, BIG STEP

1&2      Step right to the right side, step left together, step right to the right side  
3-4      Step left across right, step right to the right side  
5-6      Rock back on left, recover on right  
7-8      Big step to the left on left (spread your arms), slide right beside left

## BACK ROCK, RECOVER, SHUFFLE FORWARD, STEP, ½ TURN, KICK TWICE

1-2      Rock back on right, recover on left  
3&4      Shuffle forward, with right, left, right  
5-6      Step forward, on left, pivot ½ right, (weight on right)  
7-8      Kick left diagonally forward, to the left twice

## BACK ROCK, RECOVER, SIDE SHUFFLE, BACK ROCK, RECOVER, SIDE SHUFFLE

1-2      Rock back on left, recover on right  
3&4      Step left to the left side, step right together, step left to the left side  
5-6      Rock back on right, recover on left  
7&8      Step right to the right side, step left together, step right to the right side

## CROSS, SIDE, BEHIND, ¼ TURN, STEP FORWARD, ¼ TURN, CROSS SHUFFLE

1-2      Step left across right, step right to the right side  
3-4      Step left behind right, turn ¼ to the right step, forward, on right  
5-6      Step forward, on left, turn ¼ to the right (weight on right)  
7&8      Cross left over right, step right to the right side, cross left over right

## KICK, KICK, COASTER STEP, ROCK FORWARD, RECOVER, ¼ SIDE SHUFFLE

1-2      Kick with right diagonally forward, to the right twice  
3&4      Step back on right, step left together, step forward, on right  
5-6      Rock forward, on left, recover on right  
7&8      Turn ¼ left step, left to the left side, step right together, step left to the left side

## HEEL GRIND ¼ TURN RIGHT, BACK, TOGETHER, (TWICE)

1-2      Dig right heel forward, turn ¼ to the right stepping back on left  
3-4      Step back on right, step left together  
5-6      Dig right heel forward, turn ¼ to the right stepping back on left  
7-8      Step back on right, step left together

**REPEAT**

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