

# 1 Thin Dime

拍數: 64      牆數: 4      級數: Improver  
編舞者: Michele Perron (CAN)  
音樂: One Thin Dime - Nancy Hays



## HEEL, HOOK, HEEL, HOLD, HEEL/STEP, BEHIND, SIDE, HOLD

1-2      Right heel forward, right heel hook/up across front of left shin  
3-4      Right heel forward, hold

### Lean to right on 5,6,7

5      Right heel/step to side right

### Heel/step = place heel on floor rolling smoothly onto toe/ball

6      Left step across and behind right  
7-8      Right step to side right, hold

## HEEL, HOOK, HEEL, HOLD, HEEL/STEP, BEHIND, SIDE, HOLD

1-2      Left heel forward, left heel hook/up across front of right  
3-4      Left heel forward, hold

### Lean to left on 5,6,7

5      Left heel/step to side left

### Heel/step = place heel on floor rolling smoothly onto toe/ball

6      Right step across and behind left  
7-8      Left step to side right, hold

## WALK, HOLD, WALK, FORWARD, RECOVER, BACK, HOLD

1-2      Step right forward, hold  
3-4      Step left forward, hold  
5-6      Right rock/step forward, left recover/step back  
7-8      Step right back, hold

## BACK, HOLD, TURN, HOLD, SIDE, ACROSS, SIDE, HOLD

1-2      Step left back, hold  
3-4      Execute ¼ turn left with right step, hold (9:00)  
5-6      Left step to side left, right step across front of left  
7-8      Left step to side left, hold

## TOUCH, HOLD, SIDE, HOLD, TOUCH, HOLD, SIDE, HOLD

On right touch: both arms draw circle to the right to 'point' hands across front of left and look left  
On left touch: both arms draw a circle to the left to 'point' hands across front of right and look right

1-2      Right toe/touch across and behind left, hold  
3-4      Right step to side right, hold  
5-6      Left toe/touch across front of right, hold  
7-8      Left step to side left, hold

## TOUCH, HOLD, SIDE, HOLD, TOUCH, HOLD, SIDE, HOLD

On right touch: both arms draw circle to the right to 'point' hands across front of left and look left  
On left touch: both arms draw a circle to the left to 'point' hands across front of right and look right

1-2      Right toe/touch across and behind left, hold  
3-4      Right step to side right, hold  
5-6      Left toe/touch across front of right, hold  
7-8      Left step to side left, hold

## ACROSS, HOLD, BACK, HOLD, TURN, HOLD, FORWARD, HOLD (SLOW JAZZ BOX)

- 1-2 Right step across front of left, hold
- 3-4 Step left back, hold
- 5-6 Execute  $\frac{1}{4}$  turn right with right step, hold (12:00)
- 7-8 Step left forward, hold

**ACROSS, BACK, TURN, (QUICK JAZZ BOX), HOLD, FORWARD HOLD, TOUCH, HOLD**

- 1-2 Right step across front of left, step left back
- 3-4 Execute  $\frac{1}{4}$  turn right with right step, hold (3:00)
- 5-6 Step left forward, hold
- 7-8 Right touch beside left, hold

**REPEAT**

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