

# One Touch

拍數: 64      牆數: 2      級數: Intermediate  
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音樂: One Touch - 365



## RIGHT SIDE ROCK & CROSS, 2 X ¼ TURNS RIGHT, CROSS, DIAGONAL STEP, TOUCH, SIDE, KICK, BEHIND & CROSS

1&2      Rock right to right side, recover weight on left, cross step right over left  
3&      Turn ¼ turn right stepping back on left, turn ¼ turn right stepping right to right side  
4      Cross step left over right, (6:00)  
5&      Step right diagonally forward right, touch left toe beside right popping both knees forward  
6      Long step left to left side and slightly back - pushing hips left  
&      Flick/kick right diagonally forward right  
7&8      Sweep right out and around to cross right behind left, step left to left side, cross right over left

## LEFT SIDE ROCK & CROSS, 2 X ¼ TURNS LEFT, CROSS, DIAGONAL STEP, TOUCH, SIDE, KICK, BEHIND & CROSS

1&2      Rock left to left side, recover weight on right, cross step left over right  
3&      Turn ¼ turn left stepping back on right, turn ¼ turn left stepping left to left side  
4      Cross step right over left, (12:00)  
5&      Step left diagonally forward left, touch right toe beside left popping both knees forward  
6      Long step right to right side and slightly back - pushing hips right  
&      Flick/kick left diagonally forward left  
7&8      Sweep left out and around to cross left behind right, step right to right side, cross left over right

## SIDE ROCK & CROSS (RIGHT & LEFT - TRAVELING FORWARD), FORWARD ROCK, BACK-LOCK-BACK, ¼ TURN LEFT

1&2      Rock right to right side, recover weight on left, cross step right forward over left  
3&4      Rock left to left side, recover weight on right, cross step left forward over right  
5&      Rock forward on right, rock back on left  
6&7      Step back on right, lock step left across right, step back on right  
8      Turn ¼ turn left stepping left long step to left side, (9:00)

## RIGHT CROSS SHUFFLE, SIDE ROCK & BEHIND, SIDE, 2 X WALKS FORWARD, LEFT MAMBO FORWARD

1&2      Cross step right over left, step left to left side, cross step right over left  
3&4&      Rock left to left side, recover weight on right, cross left behind right, step right to right side  
5-6      Walk forward on left, walk forward on right  
7&8      Rock forward on left, rock back on right, step back on left

## RIGHT LOCK STEP BACK, LEFT COASTER STEP, STEP, PIVOT ½ TURN LEFT, STEP, STEP FORWARD, DRAG

1&2      Step back on right, lock step left across right, step back on right  
3&4      Step back on left, step right beside left, step forward on left  
5&6      Step forward on right, pivot ½ turn left, step forward on right  
7-8      Long step forward on left, slide/drag right toe beside left ending with a touch, (3:00)

## MONTEREY ½ TURN RIGHT, LEFT SIDE ROCK & CROSS, MONTEREY ½ TURN RIGHT, SIDE ROCK ¼ TURN RIGHT

1-2      Point right toe out to right side, turn ½ turn right stepping right beside left  
3&4      Rock left to left side, recover weight on right, cross step left over right

- 5-6 Point right toe out to right side, turn ½ turn right stepping right beside left, (3:00)  
7&8 Rock left to left side, recover weight on right turning ¼ turn right, step forward on left, (6:00)

**FULL TURN LEFT (TRAVELING FORWARD), DIAGONAL ROCK STEPS, HEEL BOUNCES ½ TURN LEFT, LEFT SAILOR STEP**

- 1-2 Turn ½ turn left stepping back on right, turn ½ turn left stepping forward on left  
3& Rock right diagonally forward right, rock back on left, (use hips)  
4& Rock right diagonally back right, recover weight on left, (use hips)  
5&6 Step forward on right, bounce both heels turning ¼ turn left twice, (completing ½ turn left)  
7&8 Sweep/cross left behind right, step right to right side, long step left to left side, (12:00)

**CROSS SAMBA (RIGHT & LEFT), SYNCOPATED WEAVE LEFT, CROSS, UNWIND ½ TURN LEFT**

- 1&2 Cross step right over left, step left to left side, step right in place, (right twinkle)  
3&4 Cross step left over right, step right to right side, step left in place, (left twinkle)  
5&6& Cross step right over left, step left to left side, cross right behind left, step left to left side  
7-8 Cross right over left, unwind ½ turn left - bending knees & dip down, (weight on left) (6:00)

**REPEAT**

**ENDING**

When using 3min 10sec version, music ends on count 32 of wall 5. To end facing 12:00 make ¼ turn right, stepping right long step to right side and hold

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