1,2 Step

拍數: 32	牆數: 4	級數: Intermediate

編舞者: Nic Bartlam (UK)

音樂: One, Two Step (feat. Missy Elliott) - Ciara

1-2	Step forward on right foot, step left to left side
&3&4	Pop right knee in, pop right knee out, turn head to look right and then center
5&6	Hold, close right to left, step left to left side
7&8	Hold, close right to left, step left to left side (feet apart)
&	Right arm up in front of face at a right angle, fist clenched
1	Place left hand on top of arm
&	Pop right knee in, right arm comes down to meet left arm in to the left direction, head tilts with rest of body
2	Recover so right arm is up in front of face at a right angle, fist clenched and left hand on top of right arm
&	Pop left knee moving body to left keeping arm where it is
3	Recover
&	Pop right knee moving body to right keeping arm where it is
4	Recover
5	Push right arm down
6	Hold
7&8	Swivel feet to center, heels, toes, center. Weight finishes on right foot
1-2	Step forward right, turn ¼ turn left
3-4	Step forward right, turn ¼ turn left
5&6	Kick right foot forward, step right forward, turn ¼ turn right stepping left big step to left side (as you take step throw left hip to left side)
7&8	Cross right behind left, step left to left side, step right to right side
1&2	Rock on to left foot, rock back on to right, rock back on to left

Body styling - as you rock on to left for 1, push left shoulder to left side and push right to right side, bring both back together for &, push them both out again for 2

3&4	Cross right behind left, step left to left side, step right to right side
5&6	Cross left behind right, step right to right side, step left to left side
7-8	Step forward on right, turn ½ turn left stepping forward on left

REPEAT

TAG

On the end of the 4th wall instead of dancing a ½ turn for 7-8, replace it with:

7-8	Step forward on right, turn ¼ turn left stepping forward on left
9-10	Step forward on right, turn ¼ turn left stepping forward on left
11-12	Step forward on right, turn ¼ turn left stepping forward on left

Then start again as normal