

One Way Ticket

COPPER KNOB
BY STEPHEN

拍數: 48 牆數: 4 級數: Improver
編舞者: Cathy Montgomery (CAN)
音樂: We're Going to Ibiza! - Vengaboys



ROCK SIDE RIGHT CROSS SHUFFLE, ROCK SIDE LEFT CROSS SHUFFLE

1-2 Rock right foot to side, step left foot back
3&4 Step right foot across left, step left foot to side, step right foot across left
5-6 Rock left foot to side, step right foot back
7&8 Step left foot across right, step right foot to side, step left foot across right

POINT RIGHT TOE FORWARD, SIDE SAILOR, POINT LEFT TOE FORWARD SIDE, ¼ TURN LEFT SAILOR

1-2 Point right toe forward, point right toe to side
3&4 Step right foot behind left, left foot beside right, step right foot slightly forward
5-6 Point left toe forward, point left toe to side
7&8 Step left behind right, turn ¼ turn and step right foot beside left, step left foot slightly forward

FOUR CROSS SHUFFLES MOVING SLIGHTLY BACK STARTING WITH RIGHT FOOT

1&2 Cross right foot over left, step left foot back, step right beside left
3&4 Cross left foot over right, step right foot back, step left beside right
5&6 Cross right foot over left, step left foot back, step right beside left
7&8 Cross left foot over right, step right foot back right, step left beside right

BUMP RIGHT HIP UP AND DOWN, BUMP LEFT HIP UP AND DOWN

1&2&3&4 Bump right hip up, bump right hip down, right hip up, right hip down
5&6&7&8 Bump left hip up, left hip down, left hip up, left hip down

4 RIGHT HEEL TAPS, 4 LEFT HEEL TAPS

&1-4 Step left foot beside right foot, tap right heel in place 4 times
&5-8 Step right foot beside left foot, tap left heel in place 4 times

RIGHT SHUFFLE FORWARD, ROCK FORWARD LEFT, LEFT SHUFFLE BACK, ½ TURN RIGHT, STEP LEFT BESIDE RIGHT

&1&2 Step right foot forward, step left foot beside right, step right foot forward
3-4 Rock forward onto left foot, recover onto right
5&6 Step back on left foot, step right beside left, step left foot back
7-8 Turn ½ right and step right foot to side, step left beside right

REPEAT