

One Week

拍數: 32 牆數: 0 級數:
編舞者: Abbey White
音樂: One Week - Barenaked Ladies



JUMP, KICK, COASTER, SCUFF, ROCK, ROCK, BEHIND, ¼, ¼

1-2 Jump with feet together, land on left, kicking right forward at 45
3&4 Right coaster (right back, left together, right forward)
&5-6 Scuff left to left side, step on left, replace weight on right
7&8 Step left behind right, step right forward into ¼ right, step left forward into ¼ right

ROCK, REPLACE, ¼, ¼, CROSS, ¼, TOUCH, STEP, TURN, TURN

1-2 Rock right to right side, replace weight onto left
3&4 Rock right back into ¼ turn left, step left back into ¼ left, cross right over left
5-6 Step left back into ¼ right, touch right next to left
7&8 Step forward right, step left back into ½ right, step right forward into ½ right

JUMP, STEP, TOUCH, TOE UNWIND, SIDE AND CROSS, TURN, TURN, TOUCH

1&2 Jump with feet together, step left to left side, touch right to right side
3-4 Touch right toe behind, unwind ½ right replacing weight onto right
5&6 Step left to left side, replace weight onto right, cross left over right
7-8 Step right back into ¼ left, ½ turn left stepping left forward, touch right next to left

ROCK, ROCK, TOE, HEEL, ¼, ROCK, REPLACE, HOLD

1-2 Rock forward onto right, rock back onto left
3-4 Touch right toe back, drop right heel
5-6 ¼ turn left, rocking left to left side, replace weight onto right
7-8 Replace weight onto left, hold

Variation: side body roll, for 7, replace weight on 8

REPEAT

RESTART

Restart on the 4th and 9th wall, after the first 8 counts; for counts 7&8, instead of turning, step left behind right, right to right side, and cross left over right, then restart