

One Word

拍數: 64 牆數: 2 級數: Intermediate/Advanced
編舞者: Alan Birchall (UK)
音樂: One Word - Kelly Osbourne : (Album Version)



TOUCHES, ½ MONTEREY, CROSS, HEEL JACK, STEP, CROSS, HEEL SPLITS

- 1&2 Touch right toe to right, step right by left, touch left toe to left
&3-4 Making ½ turn left step left by right, touch right to right (6:00)
&5 Step down on right, cross left over right (you will have moved to right slightly)
&6 Step right to right, extend left heel
&7 Step left by right, cross right over left
&8 Split both heels out, in

STEP, TOUCH, STEP, SCUFF HITCH, TURN, STEP, STEP, HIP BUMPS

- 9-10 Step back on right, touch left toe back
11-12 Step forward on left, scuff hitch right by left making ½ turn left (12:00)
13-14 Step back on right, step back on left
15-16 Bumps hip back twice (weight ends on left)

STEP, TOUCH'S X 3, FLICK TURN, SAILOR STEP, BEHIND, ¼ TURN, STEP

On steps &1-&3 you will be traveling backwards slightly

- &17 Step back on right, touch left toe forward, clicking fingers
&18 Step back on left, touch right toe forward, clicking fingers
&19 Step back on right, touch left toe forward, clicking fingers

Alternative: mash potatoes backwards or whatever your comfy with

- &20 Make ½ turn right flicking left heel back, step forward on left (6:00)
21&22 Cross right behind left, step left by right, step right to right
23&24 Cross left behind right, step right to right making ¼ turn right, step forward on left (9:00)

½ PIVOT, ¼ TURN, CROSS TOUCH, ¼ TURN, ½ TURN, STEP, ½ PIVOT, STEP

- 25-26 ½ pivot right, making ¼ turn right step left to left (6:00)
27-28 Cross touch right behind left, step right to right making ¼ turn left (3:00)
29-30 Making ½ turn left step forward on right (9:00)
31-32 ½ pivot left, step forward on right (3:00)

SIDE SHUFFLE, ROCK, RECOVER TWICE

- 33&34 Step left to left, right by left, step left to left
35-36 Cross rock right behind left, recover on left
37&38 Step right to right, step left by right, step right to right
39-40 Cross rock left behind right, recover on right

Note: to finish facing the front wall dance replace count 39-42 with:

- 39-40 Cross left behind right unwind ¾ turn left (backwards) to face front wall
41-42 Walk forward right, left

STEP, HOLD, STEP, CROSS, STEP, SAILOR STEP, TOUCH, STEP

- 41-42 Step left to left, hold
&43-44 Step right by left, cross left over right, step right to right
45&46 Cross left behind right, step right by left, step left in place
47-48 Cross touch right behind left, step right to right

SAILOR STEP, TOUCH'S, ½ TURN, SHUFFLE

- 49&50 Cross left behind right, step right by left, step left in place

51-52 Cross touch right behind left, touch right to right
53-54 Touch right over left, making $\frac{1}{2}$ turn right step forward on right (9:00)
55&56 Step forward on left, step right by left, step forward on left

CROSS, $\frac{1}{4}$ TURN, STEP, TOUCH, STEP, $\frac{1}{2}$ TURN, STEP TOUCH

57-58 Cross right over left, making $\frac{1}{4}$ turn right step back on left (12:00)
59-60 Step back on right, touch left toe back
61-62 Step forward on left, making $\frac{1}{2}$ turn left step back on right (6:00)
63-64 Step back on left, touch right toe back

REPEAT
