

The One

拍數: 36 牆數: 2 級數: Intermediate
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音樂: I Miss My Friend - Darryl Worley



STEP FORWARD, STEP, PIVOT, STEP FORWARD, STEP, PIVOT, CROSS, SIDE, BEHIND, SWEEP, SHUFFLE FORWARD

- 1-2&3-4& Step right forward, step left forward, pivot $\frac{1}{2}$ turn right (weight on right), step left forward, step right forward, pivot $\frac{1}{4}$ turn left (weight on left)
- 5&6&7&8& Cross right over left, step left to left side, step right behind left, sweep left behind right, step left behind right, step right to right side, step left forward, step right together

ROCK FORWARD, REPLACE, $\frac{1}{2}$, ROCK FORWARD, REPLACE, TOGETHER, ROCK BACK, REPLACE, FULL TURN FORWARD

- 1-2&3-4& Step left forward, replace weight on right, turning $\frac{1}{2}$ turn left step left forward, step right forward, replace weight on left, step right together
- 5-6-7&8& Step left back, replace weight on right, step left forward, turning $\frac{1}{2}$ turn left step right back, turning $\frac{1}{2}$ turn left step left forward, step right to right side

ROCK BACK, REPLACE, SIDE, BEHIND, UNWIND, STEP FORWARD, PIVOT, STEP FORWARD, FULL TURN FORWARD, TOGETHER

- 1-2&3-4 Step left back at 45, replace weight on right, step left to left side, step right behind left, unwind $\frac{3}{4}$ turn (weight on right)
- 5&6-7&8& Step left forward, step right forward, pivot $\frac{1}{2}$ turn left (weight on left), step right forward, turning $\frac{1}{2}$ turn right step left back, turning $\frac{1}{2}$ turn right step right forward, step left together

ROCK FORWARD, REPLACE, STEP BACK, TOE, PIVOT, BACK, SWEEP, BEHIND, SIDE, CROSS, REPLACE SIDE, $\frac{1}{4}$

- 1-2&3&4& Step right forward, replace weight on left, step right together, touch left toe back, pivot $\frac{1}{2}$ turn left (weight on right), step left back, sweep right behind left
- 5&6-7&8 Step right behind left, step left to left side, cross right over left, replace weight on left, turning $\frac{1}{4}$ turn right step forward, step left forward

POINT, MONTEREY, POINT, $\frac{1}{4}$

- 1-2-3-4 Point right to right side, turning full turn right step right together, point left to left side, turning $\frac{1}{4}$ turn left step left together

REPEAT

RESTART

During the 5th wall after 16 counts (after the full turn going forward) turn an extra $\frac{1}{4}$ left to face the back wall instead of stepping to the side
