

Only One Way

拍數: 32 牆數: 4 級數: Improver stroll
編舞者: Chatti the Valley (ES)
音樂: Am I The Only One - The Chicks



RIGHT & LEFT, SIDE, CROSS, SIDE, HEEL TOUCH

- 1 Step right to right side
- 2 Cross left over right
- 3 Step right to right side
- 4 Touch left heel diagonally forward left
- 5 Step left to left side
- 6 Cross right over left
- 7 Step left to left side
- 8 Touch right heel diagonally forward right

RIGHT SIDE, LEFT CROSS, ½ TURN RIGHT, LEFT STEP, RIGHT GRAPEVINE

- 9 Step right to right side
- 10 Cross left over right
- 11 ½ turn right & weight on right (6:00)
- 12 Step forward on left
- 13 Step right to right side
- 14 Cross left behind right
- 15 Step right to right side
- 16 Touch left beside right

¼ TURN LEFT, RIGHT CROSS, LEFT & RIGHT BACK WALK, LEFT BACK ROCK STEP, RIGHT & LEFT WALK

- 17 ¼ turn left & step forward on left (3:00)
- 18 Cross right over left
- 19 Step back on left
- 20 Step back on right
- 21 Step backward on left
- 22 Rock/return weight on right
- 23 Step forward on left
- 24 Step forward on right

LEFT SIDE, TOGETHER, CROSS, ¼ TURN RIGHT, LEFT STEP, ¾ TURN RIGHT, LEFT SIDE, RIGHT TOUCH

- 25 Step left to left side
- 26 Step right beside
- 27 Cross left over right
- 28 ¼ turn right & step forward on right (6:00)
- 29 Step forward on left
- 30 ¾ turn right & weight on right (3:00)
- 31 Step left to left side
- 32 Touch right beside left

REPEAT