

Only U

拍數: 80 牆數: 0 級數:
編舞者: J
音樂: Only You - Ashanti



VERSE: TOUCH ROLL STEP X4 (RIGHT LEFT RIGHT LEFT)

1-2 Touch right forward (shoulder width apart) as roll right hip to right, step down on right
3-4 Touch left forward (shoulder width apart) as roll right hip to left, step down on left
5-6 Touch right forward (shoulder width apart) as roll right hip to right, step down on right
7-8 Touch left forward (shoulder width apart) as roll right hip to left, step down on left

Optional: raise corresponding shoulder with each step

SKATE BACK X4 SHUFFLE BACK, LEFT COASTER

1-4 Skate back right, left, right, left (knees close)
5&6 Shuffle back right-left-right
7&8 Left coaster

TOUCH, STEP OUT, BEHIND TOUCH, CROSSING SHUFFLE, 1 ¼ TURN

1-2 Touch right to right, step out to right
3&4& Step left behind right, recover weight on right, touch left next to right, step on left
5&6 Crossing shuffle right over right
7&8 1 ¼ turn left stepping left, right, left (9:00)
1-8 Repeat last 8 counts (6:00)

On 3rd wall miss out next 16 counts

TOUCH & TOUCH, STEP DIP TURN, BUMP LEFT-RIGHT-LEFT, TOUCH & HEEL

1&2& Touch right to right side, step right in place, touch left to left side, step left in place
3-4 Step right forward, half turn left bending knees down and up as turn (12:00)
5&6 Bump hip left-right-left weight on left
7&8& Touch right toe behind, step on right, left heel forward, step left

SHUFFLE, ¼ TURN SWAY, BEHIND SIDE CROSS, STEP HEEL TURN

1&2 Shuffle forward right-left-right
3-4 Sway left as ¼ turn right, sway right (3:00)
5&6 Left behind, step right to right side, cross left over right
78 Step right to right side, bump hip right as swivel heels right as turn ¼ left (weight on right)
12:00

CHORUS: STEP KICK TURN, SHUFFLE, ROCK, 1 ¼ TURN

1-2 Step left forward, kick right out (right diagonal) and full turn left as hook right in front of left
(12:00)

alternative:

2 Touch right toe across in front of left as unwind whole turn keeping weight on left
3&4 Shuffle right-left-right
5-6 Rock forward left, recover onto right
7&8 1 ¼ turn left left-right-left (9:00)

CROSS, ¼ SHUFFLE, STEP TURN STEP (½), LOCK

1-2 Cross left over right, recover onto left
3&4 Shuffle ¼ turn right right-left-right (12:00)
5&6 Step turn step (½) left-right-left 6:00
7&8 Lock step forward right-left-right

STEP KICK TURN, SHUFFLE, ROCK, 1 ¼ TURN

1-2 Step left forward, kick right out as full turn left
3&4 Shuffle right-left-right
5-6 Rock forward left, recover onto right
7&8 1 ¼ turn left-right-left (3:00)

CROSS, ¼ SHUFFLE, STEP TURN STEP (½), 1 ½ TURN LEFT

1-2 Cross right over left, recover onto left
3&4 Shuffle ¼ right right-left-right (6:00)
5&6 Step turn step (½) left-right-left (12:00)
7&8 Step forward right as turn ½ left, full turn on left (i.e. 1 ½ turn left weight on left) (6:00)

REPEAT**TAG**

On wall 3, omit counts 33-48

ENDING

On last wall (4), dance 1-46 as usual. Then facing 3:00

7&8 Step forward right, ½ turn pivot left on left, sweep right leg ¾ left and touch right by left end

Or spin 1 ¼ on left to left
