

The Power Of One

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Dee Musk (UK)
音樂: Love Is All We Need - Céline Dion



BALL STEP TOUCH, OUT OUT AND CROSS, ¼ TURN RIGHT, ¼ TURN RIGHT, SAILOR STEP

&1-2 Step back on the right, step a large step forward on the left, touch right next to left
&3&4 Step right out to right side, step left out to left side, step right next to left, cross left over right
5-6 Make a ¼ turn right, stepping right foot forward, make a ¼ turn right, stepping left to left side
7&8 Step right behind left, step left to left side, step right in place

BALL TAP TWICE FLICK, BEHIND SIDE CROSS, HIPS, LEFT, RIGHT, LEFT, RIGHT, LEFT

&1&2 Step left next to right, slightly to the right diagonal, keeping right ball of foot on the floor, tap the right heel twice, flick the right foot to the right diagonal
3&4 Step right behind left, step left to left side, cross right over left
5-6 Step left slightly back and to the diagonal (for styling) bumping left hip back, then bump right hip forward
7&8 Bump left hip back, bump right hip forward, bump left hip back

BALL CROSS ¼ TURN LEFT, STEP LOCK STEP, BACK BACK, HIP, HOLD AND CROSS

&1-2 Step right next to left, cross left over right, make a ¼ turn left stepping right back
3&4 Step left foot back, lock right foot over left, step left foot back
&5-6 Step back right, step back on left, bump left hip to the left side
7&8 Hold, step right next to left, cross left over right

¼ TURN RIGHT, ¼ TURN RIGHT, ¼ SWEEP SAILOR TURN RIGHT, WALK, WALK, ROCK AND CROSS

1-2 Make a ¼ turn right, stepping right forward, make a ¼ turn right stepping left to left side
3&4 Make a ¼ turn right, sweeping right foot around and behind left, step left to left side, step right forward
5-6 Walk left, walk right
7&8 Rock left out to left side, recover weight on the right, cross left over right

BALL CROSS, SIDE, BEHIND SIDE CROSS, SIDE, BEHIND SIDE CROSS SHUFFLE

&1-2 Step right to right side, cross left over right, step right to right side
3&4 Step left behind right, step right to right side, cross left over right
5 Step right to right side
6& Step left behind right, step right to right side
7&8 Cross left over right, step right to right side, cross left over right

PRESS AND FLICK, BEHIND SIDE CROSS, ¼ TURN LEFT, ½ TURN LEFT, LEFT COASTER

1&2 Slightly to the right diagonal, press down on to ball of right foot, recover weight to the left, flick right foot to right diagonal
3&4 Step right behind left, step left to left side, cross right over left
5-6 Make a ¼ turn left, stepping left forward, make a ½ turn left, stepping right back
7&8 Step left back, step together with right, step left forward

STEP TOUCH, OUT IN LARGE SIDE STEP, DRAG AND STEP, WALK WALK

1-2 Step right foot forward, touch left next to right
3&4 Touch left toe out, then in, step a large step to the left
5&6 Drag right next to left, step onto right, step forward on left
7-8 Walk right, walk left

½ PIVOT LEFT, ½ TURN LEFT AND TOUCH, STEP, RIGHT ¼ TURN ROCK AND CROSS, POINT

- 1-2 Step forward on right, make a ½ turn left
3&4 Make a ½ turn left stepping back on right, step back on left, touch right toe in front of left
5 Step forward right
6&7 Make a ¼ turn right rocking left out to left side, recover weight to right, cross left over right
8 Point right toe to right side

REPEAT

TAG

Danced after the second repetition of the dance, (12:00 wall)

BALL CROSS SIDE, BALL CROSS SIDE, BALL CROSS BACK SIDE TOUCH

- &1-2 Step ball of right next to left, cross left over right, step right to right side
&3-4 Repeat on the opposite foot
&5-6 Step ball of right next to left, cross left over right, step right foot back
7-8 Step left foot to left side, touch right toe next to left
-