

# Tear One

拍數: 32      牆數: 4      級數: Improver  
編舞者: Gaye Teather (UK)  
音樂: Tear One - Steve Holy



## **SIDE & HEEL & TOE & HEEL & SIDE RIGHT TOUCH, SIDE LEFT TOUCH**

1&2      Touch right toe to right side, step right beside left, touch left heel forward  
&3&4      Step left in place, touch right toe beside left foot, step right foot in place, touch left heel forward  
&5-6      Step left foot in place, step right foot to right side, touch left beside right  
7-8      Step left foot to left side, touch right beside left

## **RIGHT VINE, TOUCH, SIDE LEFT, BEHIND, CHASSE LEFT**

9-12      Step right foot to right, cross left behind right, step right to right, touch left beside right  
13-14      Step left foot to left, cross right behind left  
15&16      Step left to left, close right beside left, step left to left

## **FORWARD ROCK STEP, SHUFFLE ½ TURN RIGHT TWICE, ¼ TURN RIGHT, TOUCH**

17-18      Rock forward on right foot, recover onto left  
19&20      Shuffle half turn right stepping right, left, right  
21&22      Shuffle half turn right stepping left, right, left  
23-24      Step right foot ¼ turn to right, touch left beside right

## **FORWARD LEFT, RIGHT, SWIVEL ½ TURN LEFT, KICK, CROSSING TOE STRUTS**

25-26      Walk forward on left, walk forward on right  
27-28      With weight on balls of both feet, swivel half turn left, kick right foot forward  
29-30      Cross step right toe over left, lower right heel  
31-32      Cross step left toe over right, lower left heel

## **REPEAT**

## **TAG**

If using the Steve Holy track, at the end of walls 3 and 6 only, simply repeat steps 29-32.

## **OPTIONAL NEAT ENDING:**

At the end of the 7th wall, there is a break in the music. Keep dancing anyway up to step 12, then add the following 3 step full turn (yes, just 3 steps!)

13-15      Step left foot ¼ turn left, make ½ turn left stepping back on right, step left foot ¼ turn to left  
Then start again from step 1. You will do one more full sequence and the dance ends on the last note of music and you will be facing the front wall. Neat!