

Together We Are One

拍數: 32 牆數: 2 級數: Advanced
編舞者: Simon Ward (AUS)
音樂: Together We Are One - Delta Goodrem



- 1&2& Step forward left, right, left, flick right toe forward slightly at 45 degrees right
3& Cross/step right back over left, step left back
4& ½ turn to right stepping back on right foot, further ½ turn to right stepping on left foot
5 ¼ turn right stepping right to right side & slide left slightly to right (facing slightly left)
6& Rock/step left ball behind right, rock/return weight onto right
7& Rock/step ball of left to left side, rock/return weight onto right
8& Rock/step left ball behind right, rock/return weight onto right
- 1& ¼ turn to right stepping on left foot, ½ turn right stepping on right foot
2 Rock left forward
3& Step right back making a ½ turn left, complete ½ turn stepping left forward
4 Rock right forward
5& Push/step left back turning a ½ turn right, complete ½ turn rocking forward on right
6& Push/step left back turning a ¾ turn right, complete ¾ turn rocking forward on right
7& Push/step left back turning a ½ turn right, complete ½ turn rocking forward on right
8& Push/step left back turning a ½ turn right, complete ½ turn stepping forward on right
- 1&2 Cross/step left over right, step right to right side, step left behind right sweeping right to right side
3&4 Step right behind left, step left to left side, cross/step right over left sweeping left to left side
5& Cross/step left over right, ¼ turn left stepping on right
6& Rock/step left slightly back, rock/step right forward
7 Step ball of left forward and turn a full turn right on ball of foot raising right knee slightly
8 Rock/step right slightly forward
- Restart here on walls 3, 6, and 7**
& Rock/step left back
- 1 Large step back on right slightly at 45 degrees right dragging left foot back
2&3 ¼ turn left rocking left to left side, rock/return weight onto right, cross/step left over right
4&5 ¼ turn left stepping on right foot, ½ turn left stepping on left foot, step right forward
6-7 Step left back, step right back (prep for following counts)
8& ½ turn left stepping onto left foot, ½ turn left stepping onto right foot

REPEAT

RESTART

On walls 3, 6 & 7 you will restart after count 24 by stepping right slightly forward