

Just One

拍數: 64 牆數: 2 級數: Improver
編舞者: Jan Wyllie (AUS)
音樂: One Tender Night - Carlene Carter



-
- 1 Step right to right
2&3 Step left behind right, step right to right, step left behind right (cross/shuffle behind)
4-5 Rock/step right to right, rock/return weight to left
6&7 Step right across left, step left to left, step right across left (cross/shuffle)
8 Making ¼ turn right step back on left
- 9-10 Big step back on right, drag left to right
& Step left beside right
11-12 Rock/step back on right, rock forward on left
13&14 Shuffle forward right, left, right
15-16 Rock/step forward on left, rock back on right
- 17&18 Step back on left, step right beside left, step forward on left (coaster)
19-20 Rock/step forward on right, rock back on left
21&22 Step back on right, step left beside right, step forward on right (coaster)
23-24 Rock/step forward on left, rock back on right
- 25&26 Making ½ turn left back over left shoulder shuffle forward left, right, left
27-28 Step forward on right, pivot ¼ turn left transferring weight to left
29&30 Step right behind left, step left to left, step right across left
31-32 Big step to left on left (turning head to right - optional), slide right to left
- 33-34-35&36 Rock/step back on right, step forward on left, shuffle forward right, left, right
37-38-39-40 Rock/step forward on left, step back on right, step back on left, step right beside left
- 41-42-43-44 Rock/step forward on left, step back on right, step back on left, step right beside left
45-46-47-48 Rock/step forward on left, step back on right, step back back on left, step right across left
- 49-50-51&52 Rock/step left to left, rock/return weight to right, cross/shuffle to the right left, right, left
53&54 Making ¼ turn left shuffle back right, left, right
55&56 Making ½ turn left back over left shoulder shuffle forward left, right, left
- 57-58-59-60 Step forward on right making ¼ turn left, step left beside right, step forward on right, touch left beside right
61-62-63-64 Step left to left, step right beside left, step back on left, touch right beside left

REPEAT
