

One Woman Man

拍數: 32 牆數: 2 級數: Improver
編舞者: John Sharman (UK) - January 2008
音樂: One Woman Man - Josh Turner : (Album: Everything Is Fine)



Intro: 32 count intro - start on vocals.

KICK BALL CHANGE, PADDLE QUARTER TURN LEFT.

1&2 Kick forward right,, step right in place, step on left beside right,
3 4 Step forward right, pivot a quarter turn left leaving weight on left,

CHASSE RIGHT SIDE, AND ROCK, TOUCH.

5&6& Step right to right side, step left beside right, step right to right side, step left beside right
7 8 Step right foot to right side, touch left beside right,

HEEL AND HEEL AND HEEL ROCK QTR TURN.

9&10& Touch left heel forward, step left in place, touch right heel forward, step right in place,
11 12 Left heel forward, grind a quarter turn left rocking weight back on to right,

LEFT SHUFFLE FORWARD, STEP FWD RIGHT, STEP FORWARD LEFT.

13&14 Step forward left, step right beside left, step forward left,
15 16 Step forward right, small step forward left,

TOUCH FORWARD, SIDE, BEHIND, UNWIND.

17 18 Touch right toe forward, touch right toe to right side,
19 20 Touch right toe back, unwind a half turn right,

RIGHT SHUFFLE FORWARD, HALF TURN, TOGETHER.

21&22 Step forward right, step left beside right, step forward right,
23 24 Make a 1/2 turn right stepping back on left, step on right beside left,

LEFT CROSS SHUFFLE AND CROSS ROCK, RECOVER.

25&26& Step left over right, step right to right side, step left over right, step right to right side,
27 28 Cross rock left over right, recover back on right,

CHASSE LEFT, ROCK BACK, RECOVER.

29&30 Step left to left side, step right beside left, step left to left side,
31-32 Rock back on right, recover on left.

Start again and smile.

Ps: Watch out! The music slows towards the end for a few beats. Just dance through.