

One Step To The Left

拍數: 64 牆數: 4 級數: Improver
編舞者: Audrey Watson (SCO) - September 2008
音樂: 1-2-3 - Ann Tayler



Start dance 32 Count Intro

(1-8) Side Tog 1/4 Turn Touch, 1/4 Turn Touch, 1/4 Turn Touch.

- 1-2 Step left to left side, close right next left.
- 3-4 Turn 1/4 left stepping fwd on left, touch right next left.
- 5-6 Turn 1/4 left stepping back on right, touch left next right.
- 7-8 Turn 1/4 left stepping fwd on left, touch right next left. (Clap hands on touches)

(9-16) Side Tog 1/4 Turn Touch, Side Touch, Side Touch.

- 1-2 Step right to right side, close left next right.
- 3-4 Turn 1/4 right stepping fwd on right, touch left next right.
- 5-6 Step left to left side, touch right next left.
- 7-8 Step right to right side, touch left next right. (Clap hands on touches)

(17-24) Fwd Rock Back Hold, Bac K Lock Step, Hold.

- 1-2 Rock fwd on left, recover back on right.
- 3-4 Step back on left, hold for a beat.
- 5-6 Step back on right, lock left over right.
- 7-8 Step back on right, hold for a beat

(25-32) Back Rock Fwd, Hold, Triple Full Turn Hold. (If You Don't Like Turns - Right Shuffle Fwd)

- 1-2 Rock back on left, recover fwd on right.
- 3-4 Step fwd on left, hold for a beat.
- 5-8 Triple full turn left stepping right, left, right, Or easier option (Right shuffle fwd)

ADD TAG here on wall 6 - Restart dance from beginning again

(33-40) Toe Strut, Back Rock, Side Hold, 1/2 Hinge Turn Hold.

- 1-2 Step left toe to left side, drop heel to floor.
- 3-4 Rock right back behind left, recover fwd on left.
- 5-6 Step right to right side, hold for a beat.
- 7-8 Turn 1/2 left stepping left to left side, hold for a beat.

(41-48) Cross Step Cross Hold, 1/4 Turn Hold. 1/2 Turn Hold.

- 1-2 Cross right over left, step left to left side.< BR>3-4 Cross right over left, hold for a beat.
- 5-6 Turn 1/4 right stepping back on left, hold for a beat.
- 7-8 Turn 1/2 right stepping fwd on right, hold for a beat.

(49-56) Hip Bumps, Back Coaster Step, 1/2 Turn Spin Left.

- 1-2 Step left to left side bumping hips left, bump hips right.
- 3-4 Bump hips left, bump hips right.
- 5-6 Step back on left, step right next left.
- 7-8 Step fwd on left, spin 1/2 turn left on ball of left foot.

(57-64) Right Lock Step, Left Lock Step, Stomp, Hold.

- 1-2 Step fwd on right, lock left behind right.
- 3-4 Step fwd on right, step fwd on left.
- 5-6 Lock right behind left, step fwd on left.
- 7-8 Stomp fwd on right, hold for a beat.

TAG: 4 COUNT TAG: STEP TOUCH X 2 to be ADDED at the END of walls: 1 and 3 and AFTER count 32 on wall 6

1-2 Step left to left side, touch right next left.

3-4 Step right to right side, touch left next right.
