

Number 1

拍數: 32 牆數: 4 級數: Advanced
編舞者: Kate Sala (UK) - May 2009
音樂: Number 1 - Tinchy Stryder & N-Dubz : (CD: Single)



Start after a 32 count intro

START FACING BACK WALL 6 o'clock

Step, Turn ½ R, Coaster Step, Back Jump With Kick, Kick, Turn ¼ L Stepping Back, Together

- 1-2 Step forward on R. Turn ½ R stepping back on L. [12 o'clock]
- 3&4 Step back on R. Step L next to R. Step forward on R
- 5 Small jump back on R (More like a drag back) & Low kick L forward at same time
- 6 Step L back in place & at the same time low kick R forward
- 7 Turn ¼ L stepping back on R & pushing R hip back at the same time lifting L toes up (Left heel stays on the ground). [9 o'clock]
- 8 Step L in next to R

Step, Pivot ½ Turn L, Turn ½ L With Back Lock Step, Kick Back Step, Knee Pops, Step Back

- 1-2 Step forward on R. Pivot ½ turn L
- 3&4 Turn ½ L stepping back on R. Lock step L in front of R. Step back on R
- 5&6 Kick L forward. Step back on L. Step forward on R
- &7 Keeping both feet in place pop knees forward lifting heels of the ground. Recover
- 8 Step back on R

Cross, Diagonal Back, Bump L, R, Turn ¼ L, Scuff, Hitch, ½ Turn Back. Weave R

- 1&2 Cross step L over R. Step R back to R diagonal. Step L out to L side bumping hips L
- 3-4 Bump hips R. Turn ¼ L stepping forward on L. [6 o'clock]
- 5&6 Scuff R forward. Hitch R knee & pivot ½ turn L on ball of L. Step back on R
- 7&8 Cross step L behind R. Step R to R side. Cross step L over R. [12 o'clock]

Dorothy Step R, Step L Diagonal, Kick Out Out, Hip Roll, Hip Bumps X2 With ¼ Turn R

- 1-2& Step R forward to R diagonal. Lock step L behind R. Small step forward to R diagonal on R
- 3 Step L forward to L diagonal
- 4&5 Kick R forward & across to L diagonal. Step R out to R side. Step L out to L side
- 6 Roll hips full circle anti- clockwise. Starting from R hip & finishing on R hip
- 7&8 Bump hips L. Bump hips R lifting up R heel. Bump hips L making ¼ turn R taking weight on to L foot in to a sitting position with R heel up. [3 o'clock]

Start Again

***16 Count TAG: Dance this tag at the END of wall 3 facing 9 o'clock**

Dorothy Step R, Step L Diagonal, Cross Step, Turn ¼ R X2, Forward Lock Step

- 1-2& Step R forward to R diagonal. Lock step L behind R. Small step forward to R diagonal on R
- 3 Step L forward to L diagonal
- 4-6 Cross step R over L. Turn ¼ R stepping back on L. Turn ¼ R stepping forward on R
- 7&8 Step forward on L. Lock step R behind L. Step forward on L

Dorothy step R, Step L diagonal, Cross step, Turn ¼ R x2, Forward lock step

Repeat the above 8 counts

You will start the main dance again facing 9 o'clock
