

Just 1 dance

拍數: 64 牆數: 2 級數: Improver
編舞者: Gemma Wear (UK) & Hayley Argyle (UK) - April 2010
音樂: Just One Dance - Caro Emerald



32 Count Intro

Section 1: Toe struts x2, rock forward, coaster step

1-2 Touch right toe forward, drop right heel,
3-4 Touch left toe forward, drop left heel,
5-6 Rock forward on right, recover back on left
7&8 Step Back on right, step left beside right, step right forward.

Option: counts 7&8 can be replaced by a triple full turn

Section 2: Cross points x2 jazz box ¼ turn touch

1-2 Cross left over right, point right to right side,
3-4 Cross right over left, point left to left side,
5-6 Cross left over right, step back on right,
7-8 Step left to left side making ¼ turn left, touch right beside left. [9:00]

Section 3: Step kicks x2, Chasse rock back

1-2 Step right to right side, kick left across right,
3-4 Step left to left side, kick right across left,
5&6 step right to right side, step left beside right, step right to right side,
7-8 Rock back on left, recover forward on right. [9:00]

Section 4: Step kicks x2, chasse rock back

1-2 Step left to left side, kick right across left,
3-4 Step right to right side, kick left across right,
5&6 Step left to left side, step right beside left, step left to left side,
7-8 Rock back on right, recover forward on left. [9:00]

Section 5: Monterey ½ with holds, rocking chair

1-2 Point right to right side, hold,
&3-4 Bring right foot in, making ½ turn right, point left to left side, hold,
&5-6 Bring left foot in next to right, rock forward on right, recover on left,
7-8 Rock back on right, recover forward on left. [3:00]

Option: Counts 5-8 can be replaced with 2 pivot half turns over left shoulder

Section 6: Cross side, syncopated weave, side rock syncopated weave

1-2 Cross right over left, step left to left side,
3&4 Cross right behind left, step left to left side, cross right over left,
5-6 Rock left to left side, recover right to right side,
7&8 Cross left behind right, step right to right side, step forward on left making a ¼ turn right.
[6:00]

Restart Here: wall 2, you will be facing 12:00

Section 7: Kick ball cross x2, side rock, weave

1&2 Kick right to right diagonal, step right beside left, cross left over right,
3&4 Kick right to right diagonal, step right beside left, cross left over right,
5-6 Rock right to right side, recover left to left side,
7&8 Cross right behind left, step left to left side, cross right in-front of left. [6:00]

Option: Counts 7&8 can be replaced with a triple full turn.

Section 8: Kick ball cross x2 side rock, weave

1&2 Kick left to left diagonal, step left beside right, cross right over left,

3&4 Kick left to left diagonal, step left beside right, cross right over left,

5-6 Rock left to left side, recover right to right side,

7&8 Cross left behind right, step right to right to right side, cross left over right.[6:00]

Option: Counts 7&8 can be replaced with a triple full turn

Restart! : Wall 2 at end of section 6.

Tag! : At end of wall 5, you will be facing 6:00

Step right to right side for count 1; drag left in for 3 counts. Transfer weight to left foot.
