

One Person

拍數: 64 牆數: 2 級數: Phrased Intermediate
編舞者: Lily Liu (MY) - April 2012
音樂: One Person - Davichi



Intro : after 18 counts - Sequence : A A TAG B B A B B B B ENDING

A : - 32 Counts

(A1) Rock , Recover , Triple 1/2 Turn right , Rocking Chair

1 2 Rock R forward . Recover onto L .
3 &4 Triple 1/2 turn right stepping R , L , R .
5 6 Rock L forward . Recover onto R .
7 &8 Rock L back . Recover onto R .

(A2) Cross , Back , Side , Sweep , Cross Rock , Recover , Cross Rock , Flick

1 2 Cross L over R . Step R back .
3 4 Big step L to left . Sweep R over L .
5 6 Cross rock R over L . Recover onto L .
7 8 Cross rock R over L . Flick L back (facing to right diagonal) .

(A3) Cross Rock , Recover , Cross Rock , Flick , Rock , Recover , Sway(x2)

1 2 Cross rock L over R . Recover onto R .
3 4 Cross rock L over R . Flick R back (facing to left diagonal) .
5 6 Cross rock R over L . Recover onto L .
7 8 Step R to right swaying hips to right , left .

(A4) Unwind 1/2 Turn Left , Sweep , Back Rock , Recover , Side , Hold , Back Rock , Recover

1 2 Touch R toes over L . Unwind 1/2 turn left while sweeping L from front to back .
3 4 Rock L back . Recover onto R .
5 6 Step L to left . Hold .
7 8 Rock R back . Recover onto L .

B ; - 32 Counts

(B1) Press , Kick , Sailor Cross , Side Rock , Recover , Sailor 1/4 Turn Left

1 2 Press R forward to right diagonal . Kick R forward .
3 &4 Cross R behind L . Step L beside R . Cross R over L .
5 6 Rock L to left . Recover onto R .
7 &8 Turn 1/4 left crossing L behind R . Step R beside L . Step L forward .

(B2) Point , 1/4 Turn Left & Flick , Cross Shuffle , Weave R With Sweep

1 2 Point R forward . Turn 1/4 left while flicking R back .
3 4 Cross R over L . Step L to left .
5 6 Cross R over L . Sweep L from back to front . .
7 8 Cross R over L . Step R to right .

(B3) Rock Back , Recover , Full Turn , Forward , Hitch

1 2 Cross L behind R . Sweep R from front to back .
3 4 Rock R back . Recover onto L .
5 6 Turn 1/2 left stepping R back . Turn 1/2 left stepping L forward . .
7 8 Step R forward . Hitch L .

(B4) Back , Sweep , Back , Hook , Step Lock Step , Hold

1 2 Step L back . Sweep R from front to back ,

3 4 Step R back . Hook L across R knee while looking back over right shoulder .
5 6 Step L forward . Lock R behind L .
7 8 Step L forward . Hold .

Ending : 16 counts

(E1) (Forward , Pivot 1/2 Turn , Forward , Hold) x 2

1 2 Step R forward . Pivot 1/2 turn left (weight onto L) .
3 4 Step R forward . Hold .
5 6 Step L forward . Pivot 1/2 turn right (weight onto R) .
7 8 Step L forward . Hold .

(E2) Full Turn , Sway , Sway , Rolling Vine, Hold

1 2 Turn 1/2 left stepping R back . Turn 1/2 left stepping L forward .
3 4 Sway hips to right , left .
5 6 Turn 1/4 right stepping R forward . 1/2 turn right stepping L back.
7 8 Turn 1/4 right stepping R to right . Hold .
