

Only One Woman

拍數: 48 牆數: 4 級數: Improver - waltz
編舞者: Micaela Svensson Erlandsson (SWE) - December 2012
音樂: Only One Woman - Alien



Intro 54 counts (6x9)

Section 1: Slow Chasse right, Cross rock forward left, Side

1-3 Step right to right, close left beside right, Step right to right.
4-6 Cross rock forward on left. Rock back onto right, Step left to left side.

Section 2: Right Twinkle, Left Twinkle ¼ turn left

1-3 Cross step right over left. Step left to left side. Step right in place.
4-6 Cross step left over right. Step right to right side. Turn ¼ left stepping forward on left.

Section 3: Step, Hitch left, Kick left forward, Step left back, turn ½ right Stepping forward on right, Step left forward

1-3 Step forward on right, Hitch left knee up, Kick left foot forward
4-6 Step back on left, Turn ½ right stepping forward on right foot, step left foot forward

Section 4: Step forward on right, Hitch left, Kick left forward, Basic Waltz Step back left.

1-3 Step forward on right, Hitch left knee up, Kick left foot forward
4-6 Step back left. Step right beside left. Step left beside right

Section 5: Right Twinkle, Cross, Side, Behind

1-3 Cross step right over left. Step left to left side. Step right in place.
4-6 Cross left over right, Step right to right side, Cross left behind right

Section 6: Long step right, drag left beside right, Turn ¼ left, Turn ½ left, Turn ¼ left.

1-3 Take a long step to the right with right, Drag left towards right
4-6 Turn ¼ left Stepping left forward, Turn ½ left stepping back on right, Turn ¼ left stepping left to left

Section 7: Cross rock forward right, Side Cross, Side, Behind

1-3 Cross rock forward on right. Rock back onto left, Step right to right side.
4-6 Cross left over right, Step right to right side, Cross left behind right

Section 8: Long step right, drag left beside right, Long step left, drag right beside left,

1-3 Take a long step to the right with right, Drag left towards right
4-6 Take a long step to the left with left, Drag right towards left

Tag 1-After wall 2, 4 and 6 (18 counts)

Section 1: Right Twinkle, Left Twinkle

1-3 Cross step right over left. Step left to left side. Step right in place.
4-6 Cross step left over right. Step right to right side. Step left in place.

Section 2: Cross, Side, Behind, Long step left, Drag right beside left.

1-3 Cross right over left, Step left to left, Cross right behind left.
4-6 Take a long step to the left with left, Drag right towards left

Section 3: Long step right, Drag left beside right, Long step left, Drag right beside left.

1-3 Take a long step to the right with right, Drag left towards right
4-6 Take a long step to the left with left, Drag right towards left

Tag 2- After Wall 5(6 counts)

Long step right, drag left beside right, Long step left, drag right beside left.

1-3 Take a long step to the right with right, Drag left towards right

4-6 Take a long step to the left with left, Drag right towards left

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