

One To Ten

拍數: 32 牆數: 4 級數: Improver
編舞者: Annelise Jørgensen - May 2013
音樂: One To Ten - The Refreshments



Intro: 48 counts after the start of the lyrics - 3 tags & 1 restart

Restart: On wall 4, after 16 counts, there will be a restart

Kick Ball Chance Right, Rocking Chair, Shuffle ½ Turn, Coaster Step

1&2 Kick right forward, step right beside left, step left beside right
3&4& Rock right forward, recover on left, rock right back, recover on left
5&6 Shuffle ½ turn left - right, left, right
7&8 Step back on left, step right next to left, step forward on left

Vaudeville Right & Left, Heel Switches Right-Left, Pivot ¼ Turn Left

1&2& Cross right over left, step back on left, touch right heel forward, step right beside left
3&4& Cross left over right, step back on right, touch left heel forward, step left beside right
5&6& Touch right heel forward, step right beside left, touch left heel forward, step left beside right
7-8 Step forward on right, turn ¼ left **Restart here on wall 4 facing 6 o'clock

Cross Shuffle, Side Rock, Behind Side Cross, Point Side, Step Forward

1&2 Cross right over left, step left to left side, cross right over left
3-4 Rock left to left side, recover on right
5&6 Step left behind right, step right to right side, step left across right
7-8 Point right to right side, step right forward in front of left

Toe Strut, Back Rock Left & Right, Shuffle Forward, Pivot ½ Turn Left

1&2& Touch left toe forward, drop left heel, rock right back, recover left
3&4& Touch right toe forward, drop right heel, rock left back, recover right
5&6 Step left forward, close right beside left, step left forward
7-8 Step forward on right, turn ½ left

Note: Steps 2& and 4& are mostly a selection.

Tag: At the end of wall 3, 7 & 9, there will be a 16 counts tag

Half of Figure 8

1-2 Step right to right side, cross left behind right
3-4 Turn ¼ right stepping forward on right, step forward on left
5-6 Turn ½ right, turn ¼ right stepping left to left side
7-8 Cross right behind left, turn ¼ left stepping forward on left

Shuffle Forward Right, ½ Pivot Right, Shuffle Forward Left, ¼ Pivot Left

1&2 Step forward right, close left next to right, step forward right
3-4 Step forward left, turn ½ right
5&6 Step forward left, close right next to left, step forward left
7-8 Step forward right, turn ¼ left

Thanks to Randi Wieslander & Maja Bente Pedersen, for helping me to make the final decisions with this Tag

Ending: Wall 10 is your last wall, dance to section 2 count 5&, cross left over right and turn ¼ right

Have Fun!

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