

One Life

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Ann-Kristin Sandberg (NOR) - May 2013
音樂: One Life (feat. Kelly Rowland) (Radio Edit) - Madcon : (Single - iTunes)



Start dancing after 32 c (21 sec)

Rock step-Veave-Rock step-Step back-Beside-Touch heel-Beside-Step

1-2 Step right foot to right side , Recover onto left foot
3&4 Cross right foot behind left foot , Step left foot to left side , Cross right foot in front of left foot
5-6 Step left foot to left side , Recover onto right foot
7&8& Step left foot back , Step right foot beside left , Touch left heel forw , step left foot next to right

Walk x 2-Shuffle-Step-1/4 turn-Cross step-Touch-Step

1-2 Step right foot forw , Step left foot forw
3&4 Step right foot forw , Step left next to right , Step right foot forw
5-6 Step left foot forw , ¼ turn right stepping right to right side (facing 03.00)
7&8& Cross left foot in front of right , Step right foot to right side, Touch left heel forw , Step left foot next to right

Walk x 2-Rock step-1/2 turn-1/2 turn-1/4 turn-Cross-Step-Recover-Cross

1-2 Step right foot forw , Step left foot forw
3&4 Step right foot forw , Recover onto left foot , ½ turn right stepping right foot forw(09.00)
5-6 ½ turn right stepping left foot back , ¼ turn right stepping right foot to right side (facing 06.00)
7&8& Cross left foot in front of right , Step right foot to right side, Recover onto left foot , Cross right foot in front of left foot

Rock step-Chasse-Rock step-Side-Rock step-Side

1-2 Step left foot to left side , Recover onto right foot
3&4 Step left foot to left side , Step right foot next to left foot , Step left foot to left side
5&6 Step back on right foot , Recover onto left foot , step right foot to right side
7&8 Step back on left foot , Recover onto right foot , Step left foot to left side

Step-1/2 turn-Step-1/2 turn-Touch-Back-Touch-Coaster step

1-2 Step right foot forw , ½ turn left stepping left foot forw(facing 12.00)
3-4 Step right foot forw , ½ turn left touching left toe forw (weight on right)(facing 06.00)
5-6 Step back on left foot , Touch right toe forw
7&8 Step back on right foot , Step left foot next to right , Step right foot forw

Step-Touch-Step-Touch-Walk back x 2-Coaster step

1-2 Step left foot forw , Touch right toe next to left foot
3-4 Step right foot forw , Touch left toe next to right foot
5-6 Step left foot back , step right foot back
7&8 Step left foot back , Step right foot next to left foot , Step left foot forw

RESTART: Wall 5 : Dance 32 first count & start again (facing 06.00)

Enjoy!!

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