

D One

拍數: 32 牆數: 4 級數: Easy Intermediate
編舞者: Louise Elfvengren (NOR) - June 2013
音樂: D One - Flavour



Intro: Start at vocals when he says ONE (Baby you're the one)

SECTION 1: ROCK SIDE AND POINT X 2, PIVOT ½ RIGHT, SHUFFLE FORWARD

1&2& Rock right side, recover onto left, point right in front of left, recover on left
3&4 Rock right side, recover onto left, step down on right in front of left
5-6 Step forward on left, turn ½ right, stepping forward on right (6)
7&8 Step forward on left, step right beside left, step forward on left

SECTION 2: ROCK SIDE, STEP ACROSS, ROCK SIDE, STEP ACROSS, (moving fw) ROCK AND ¼ TURN LEFT, STEP DOWN LEFT-RIGHT

1&2 Rock right side, recover onto left, cross right over left and step down on right
3&4 Rock left side, recover onto right, cross left over right and down on left
5&6 Rock right side, recover onto left while turning ¼ left, step down on right (9)
7-8 Step down left-right on the spot

SECTION 3: WEAVE RIGHT, ROCK SIDEWAY, ROCK AND TURN ½ LEFT, MAMBO FW

1&2 Step left behind right, right to right side, left across right
3&4 Rock right to right side, recover onto left, step down on right
5&6 Rock forward on left, recover onto right and turn ½ left stepping down on left (3)
7&8 Rock forward on right, recover onto left, step down on right

SECTION 4: WALK BW X 2, SWAY x 2, WALK FW x 2, MAMBO ROCK FW

1-2 Walk backward left-right
3-4 Sway hips left-right
5-6 Walk forward left-right
7&8 Rock left forward, recover onto right, step down on left

START AGAIN ... NO TAGS.. NO RESTART ... ENJOY!

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