

One Shot

拍數: 48 牆數: 2 級數: Advanced
編舞者: Dom Yates (UK) - July 2013
音樂: We Own It (Fast & Furious) - 2 Chainz & Wiz Khalifa : (Fast & Furious 6
Soundtrack or iTunes)



16 Count Intro

Restart Wall 3 after 32 Counts

[1-8] : Out Out (With Prep), Sweep ½ Turn, Samba, Cross ¼ Turn, Coaster Step

1,2 Step right out to side, step left out to side (angling body to left ready to turn)
3 Make ½ turn to right stepping onto right and sweeping left around
4&5 Cross left over right, rock right to side, recover onto left
6,7 Cross right over left, make ¼ turn right stepping back on left
8&1 Step back on right, step left next to right, step forward on right

[9-16] : Kick Cross Back Rock, Spiral Full Turn, Mambo Step, ¼ Turn Left

2&3& Kick left forward, cross left over right, rock back on right, recover onto left
4,5,6 Step forward on right, spiral full turn to left, step forward on left
Easy Option : Step forward on right, touch left next to right, step forward on left
7&8 Rock forward on right, recover onto left, step back on right
& Make ¼ turn to left stepping left to side

[17-24] : 2x Walks, Mambo Step, Back ½, 2x Walks, ¼ Out Out, Shoulder Rocks, ¼ Turn Roll

1,2 Walk right, left
3& Rock forward on right, recover onto left
4& Step back on right, make ½ turn left stepping forward on left
5,6 Walk forward right, left
7& Make ¼ turn left stepping right out to side, step left out to side
8&1 Rock shoulders to left, rock shoulders to right, roll upper body to left making ¼ turn left

[25-32] : Step, Mambo, Out Out, Knee Pop, Hitch, Sailor Step

2 Step forward on right
3&4 Rock forward on left, recover onto right, step back on left
&5 Step right out to side, step left out to side
6&7 Pop right knee in to left, pop right knee out to right, hitch right (angled to right)
8&1 Cross right behind left, step left in place, step right to side

***Restart Here Wall 3* (last step of Sailor becomes first step of dance)**

[33-40] : Hitch, Side, Sailor ¼ Turn Left, Touch Back, ½ Turn, Side

2,3 Hitch left across right, step left to side
4&5 Cross right behind left, make ¼ turn left stepping onto left, step right to side
6,7 Touch left toe back, pivot ½ turn to left stepping onto left
8 Step right to side,

[41-48] : Tuts with ¼ Turn

1 Bring both hands to chest height palms together (like praying)
& Raise hands to head height bringing elbows together (like begging)
2 Bend both wrists 90° to right, palms still together (parallel to floor)
& Keeping arms in same position, move to shoulder width apart (hands now separate)
3 Flip right wrist over 180°, palm facing floor (both hands should be pointing towards each other, still slightly separate)

- & Lift left elbow to parallel with floor, keeping bend in left wrist (so left hand is now palm towards right, pointing at floor)
- 4 Bring left arm to right (left wrist locking into right wrist, right hand lying flat on left forearm)
- & Slide left hand down right arm to right elbow
- 5 Straighten left hand, causing right arm to drop on top of left, straightening right hand (Both arms parallel to floor, right lying on top of left)
- & Rotate left wrist 90° upwards (hand pointing to ceiling), pivot right wrist 90° downwards so right hand is pointed toward floor (arms end up in a box shape)
- 6 Move arms apart so hands come together in middle (right palm against left back of hand)
- & Rotate right hand over left, so right palm is facing to left, causing left to bunch to fist
- 7,8 Make anti-clockwise circle with hands, causing body to rotate ¼ turn to left (imagine you are mixing in a big pot)

Start again

Contact: dom_y@hotmail.com
