One Phone Call

拍數: 64

級數: Easy Intermediate

編舞者: Ann Quinn (AUS) - August 2013

音樂: One Phone Call - Backstreet Boys : (Album: 'In a World Like This' - iTunes - 3:52)

Count in: 16 counts from start of track. Dance begins on vocals. Feet together, weight on L

Wall 5 is a short wall with a Restart on front wall after 32 counts.

[1-8] DIAGONAL ROCK, REPLACE, ¼ R SIDE TOGETHER ¼, ROCK, REPLACE, ¼ L SIDE SHUFFLE

- Turn 1/8 L Rock-step R fwd, Recover weight on L [10:30] 1-2
- 3&4 Turn ¼ R Step R to R side, Step L beside R (&), Turn ¼ Step R fwd [4:30]
- 5–6 Rock-step L fwd, Recover weight on R
- Turn ¼ L Step L to L side, Step R beside L (&), Step L to L side [1:30] 7&8

[9-16] ROCK FWD, REPLACE, SHUFFLE BACK, ROCK BACK, REPLACE, 1/8 R SIDE SHUFFLE

- 1–2 Rock-step R fwd (still on diagonal), Recover weight on L [1:30]
- 3&4 Step R back, Step L beside R (&), Step R back
- 5-6 Rock-step L back, Recover on R
- 7&8 Turn 1/8 R Step L to L side, Step R beside L (&), Step L to L side (angling body slightly to left) [3:00]

[17-24] CROSS ROCK, REPLACE, SIDE TOGETHER ¼, FWD, ¾ R SIDE SHUFFLE

- Cross Rock R over L, Recover on L 1-2
- 3&4 Step R to R, Step L beside R (&), Turn 1/4 R Step R fwd [6:00]
- 5-6 Step L fwd, Pivot ½ R (weight on right) [12:00]
- Turn ¼ L Step L to L side, Step R beside L (&), Step L to L side [3:00] 7&8

[25-32] ROCK BACK, REPLACE, SIDE TOGETHER FORWARD, SIDE TOGETHER, L COASTER

- 1 2Rock back R behind L, Recover on L [3:00]
- 3&4 Step R to R, Step L beside R (&), Step R fwd
- 5–6 Step L to L side, Step R beside L
- Step L back, Step R beside L (&), Step L fwd * 7&8

[33-40] ROCK, REPLACE, ½ R TURNING SHUFFLE, SIDE ROCK, REPLACE, BEHIND, SIDE, FWD ON DIAGONAL

- 1–2 Rock-step R fwd, Recover weight on L
- 3&4 Turn ¼ R Step R to R, Step L beside R (&), Turn ¼ R Step R fwd [9:00]
- Rock-step L to L side, Recover weight on R 5-6
- Step L behind R, Step R to R side (&), Turn 1/8 R Step L fwd [10:30] 7&8

[41-48] STEP LOCK, LOCK SHUFFLE, FWD, PIVOT, ROCK SIDE, REPLACE, FWD

- Step R fwd, Step L behind R on diagonal [10:30] 1-2
- 3&4 Step R fwd, Step L behind R (&), Step R fwd
- Step L fwd, Pivot 1/2 R (weight on R) on diagonal [4:30] 5–6
- 7&8 Rock-step L to L, Recover weight on R (&), Step L fwd

[49-56] STEP LOCK, LOCK SHUFFLE, FWD, PIVOT, ROCK SIDE, REPLACE, FWD

- 1-2 Step R fwd, Step L behind R – on diagonal [4:30]
- Step R fwd, Step L behind R (&), Step R fwd 3&4
- 5–6 Step L fwd, Pivot ½ R (weight on R) – on diagonal [10:30]
- Rock-step L to left, Recover weight on R (&), Step L fwd 7&8





牆數:2

[57-64] FWD, PIVOT 3/8 L, FWD SHUFFLE, SIDE TOGETHER, SIDE SHUFFLE

1-2 Step R fwd (still on diagonal), Pivot 3/8 L (weight on L) [6:00]

3&4 Step R fwd, Step L beside R (&), Step R fwd

5–6 Step L to L, Step R beside L

7&8 Step L to L side, Step R beside L (&), Step L to L side **

(**Optional 7&8: FULL TURN L TRIPLE STEP -

Turn ¼ L Step L, Turn ½ L Step R beside L (&), Turn ¼ L Step L beside R)

RESTART: during wall 5 after 32 counts

* Dance to step 30, then replace coaster step with BACK, ¼ L BALL STEP: Step L back (31), Turn ¼ L Step R on ball of R (&), Step L to L (32). Restart dance on front wall.

ENDING: On Wall 7 (starting 6:00) dance to step 32 (end of coaster step), then ROCK FWD, REPLACE, ¼ R SIDE SHUFFLE R (dragging L to R) on front wall to finish.

Contact: appquinn@hotmail.com