Jordin's Step



拍數: 32 牆數: 4 級數: Improver

編舞者: Keith Stewart (N.IRE) - October 2013 音樂: One Step At a Time - Jordin Sparks



Intro - 16 Counts.

Section 1 – Sten Out Right	· Left Right Side Shuffle	Step Out Left, Right, Left Side Shuffle.

1 – 2	Step Right Foot Out And Slightly Forwards To Right Side, Step Left Foot Out And Slightly
	Forwards To Left Side.

3&4 Step Right Foot To Right Side, Step Left Foot Beside Right Foot, Step Right Foot To Right

Side

5 – 6 Step Left Foot Out And Slightly Forwards To Left Side, Step Right Foot Out And Slightly

Forwards To Right Side.

7&8 Step Left Foot To Left Side, Step Right Foot Beside Left Foot, Step Left Foot To Left Side.

Section 2 – Cross Unwind ¾ Turn Left, Right Shuffle Forward, Left Pivot ½ Turn, Left Shuffle Forward.

9 – 10	Step Right Foot Across Left Foot Keeping Weight On Left Foot, Unwind A ¾ Turn Over Left
	Shoulder.

11&12 Step Forward On Right Foot, Step Left Foot Beside Right Foot, Step Forward On Right Foot (Facing 3 O'clock).

13 – 14 Step Forward On Left Foot, Pivot A ½ Turn Over Right Shoulder (Now Facing 9 O'clock).

15&16 Step Forward On Left Foot, Step Right Foot Beside Left Foot, Step Forward On Left Foot.

Restart Here On Walls 4 & 9

Section 3 – Right Mambo Step Forward, 2 Walks Back, Left Coaster Step, 2 Walks Forward.

17&18	Rock Weight Forward Onto Right Foot, Recover Weight Onto Left Foot in Place, Step Right
	Foot Beside Left Foot.
19 – 20	Step Back On Left Foot, Step Back On Right Foot.
21&22	Step Back On Left Foot, Step Right Foot Beside Left Foot, Step Left Foot Forward.
23 – 24	Step Forward On Right Foot, Step Forward On Left Foot.

Section Four - Syncopated Side Mambos, Right Touch, Full Turn Walk Round Right.

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25&26	Rock Right Foot To Right Side	, Recover Weight Onto Left Foot	In Place, Step Right Foot
	Beside Left Foot.		

&27&28 rock Left Foot To Left Side, Recover Weight Onto Right Foot In Place, Step Left Foot Beside

Right Foot, Touch Right Foot Beside Left Foot.

29 – 32 Walk Around A Full Turn In A Clockwise Direction Stepping Right, Left, Right, Left, Ending

Up Facing The Wall You Began Your Walk On.

Start Again!!

Note - Restarts Alert!! Two Restarts, Both Thankfully Happening In The Same Place In The

On Walls 4 And 9, After You Shuffle Forward On Your Left Foot (Counts 15&16), Instead Of Going Into Your Right Mambo, Simply Restart The Dance!!

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