One Dance, One Rose, One Kiss



編舞者: Manu De Meyer (BEL) - December 2013

音樂: One Dance, One Rose, One Kiss - The Refreshments



Section1: R Touch out-in-out, R Coaster step, L Touch out-in-out, L Coaster step

1&2	touch RF to R, touch RF beside LF, and touch RF to R
3&4	step back on RF, put LF beside RF, step RF to front
5&6	touch LF to L, touch LF beside RF, and touch LF to L
7&8	step back on LF, put RF beside LF, step LF to front

Section2: Walk x 2, Mambo step, Walk back x 2, Coaster step

1-2 step forward R, step forward L

3&4 step RF to front, recover weight on LF, and step RF back

5-6 step LF back, step RF back

7&8 step back on LF, put RF beside LF, step LF to front

Section3: Step, 1/4 L, Cross shuffle, Side rock, Cross shuffle

1-2	step RF to front	: turn ¼ L	(weight on LF)	(09:00)

3&4 cross RF over LF, close LF behind RF, cross RF over LF

5-6 step LF to L, recover weight on RF

7&8 cross LF over RF, close RF behind LF, cross LF over RF

Section4: Switches Toe & Heel, rock step ½ R step, L shuffle

touch R toe to R, recover on RF, touch L toe to L, recover on LF,
step R heel forward, recover on RF, step L heel forward, recover on LF
step RF to front, recover on LF, make ½ turn R and step RF forward (03:00)

7&8 step LF to front, step RF beside LF, and step LF to front

Ending: wall 10

R Touch out-in-out, R Coaster step with 1/4 turn L

1&2 touch RF to R, touch RF beside LF, and touch RF to R

3&4 step back on RF, put LF beside RF, make ¼ turn L and step RF to front

Have fun

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