

One Step Ahead

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Sandy Kerrigan (AUS) & Travis Taylor (AUS) - May 2014
音樂: Teach Me How to Be Loved - Rebecca Ferguson : (Album: Heaven)



Back, Back, Behind Side Cross, Side Together Cross, Side Behind 1/4, Side Together Cross

1-2 Step back on R sweeping L around, Step back on L sweeping R around
3&4 Step R behind L, Step L to L side, Cross R over L
&5& Step L to L side, Step R together, Cross L over R
6&7 Step R to R side, Step L behind R, 1/4 R Step R fwd
&8& 1/4 R Step L to L side, Step R together, Cross L over R

Side, Behind, 1/4, 1/4, Sailor 1/4 R, Step Lock Step & Lock Step, Step R to R side dragging L

2&3 Step L behind R, 1/4 R Step R fwd, 1/4 R Step L to L side (12:00)
4&5 Step R behind L, 1/4 R Step L together, Step R forward (3:00)
6&7&8& Step L fwd, Lock R behind L, Step L fwd, Step R fwd, Lock L behind R, Step Fwd R

Pivot 1/2, 1/4, Back Rock, Side, Back Rock, Side, Back, Back, Behind, Side, Fwd

1&2 Step L fwd, Pivot 1/2 R weight on R, 1/4 R Step L to L side (12:00)
3&4& Rock back on R (3), Replace weight L (&), Step R to R side (4), Rock back on L (&)
5& Replace/Cross R over L, Step L to L side,
6-7 Step R back sweeping L around, Step back L sweeping R around
8&1 Step R behind L, Step L to L, Step fwd R

Pivot 1/4 Cross, 1/4, 1/4, Cross Rock/Replace & Cross, Side, Behind, Side

2&3 **T/R** Step L fwd, Pivot 1/4 turn R weight on R, Cross L over R
4&5 1/4 L Step R back, 1/4 L Step L to L side, Cross Rock R over L
6&7& Replace weight on L, Step R to R side, Cross L over R, Step R to R side
8 Step L behind R ***T/R***,
&1 Step R to R side, Cross Rock L over R

Cross Rock/Replace & Cross, Side, Behind, 1/4, 1/2 Sweep, Behind & Step, Lock &

2&3& Replace weight on R, Step L to L side, Cross R over L, Step L to L side
4&5 Step R behind L, 1/4 L Step L fwd, 1/2 L Step R back sweeping L around
6&7 Step L behind R, Step R to R side, Step forward on L 45 dragging R behind L
8& Lock R behind L, Step L fwd [*R*]

Rock/Replace, 1/2, Point, 1/4 & 1/4 & 1/4, 1/4 Cross, Cross, Rock/Replace

1&2& Rock R fwd, Replace weight L, 1/2 R Step R fwd, Touch L to L side
3&4 (Run Around 3/4 L) 1/4 L Step Fwd L, 1/4 L Step R around, 1/4 L Cross R over L
&5 1/4 L Ball Cross R-L (Bring Ball of R to R side, Cross L over R (6:00)
6-7 Cross Walk R over L, and L over R
8& Rock R fwd, Replace weight on L

There are 3 Restarts in this dance

R Restart 1 will be during Wall 2, Restart on Count 40

R Tag/Restart 2 will be during Wall 4, On Count 26&, Just add the following

2&3 Step L fwd, Pivot 1/2 R taking weight on R, Step L fwd
4& Rock R fwd, Replace weight on L

R Tag/Restart 3 will be during Wall 5, On Count 32, Just add the following

8&1 Step L behind R, 1/4 R Step R fwd, Step L fwd Dragging up to R waiting for music

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