

One & One

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Lars Kuif (NL) - July 2014
音樂: One & One - Edyta Gorniak



Start after 32 counts (fast beat)

[1 – 8] R Side Rock, Recover, R Cross Shuffle, Vine L

1 – 2 Rock R to side, recover to L
3 & 4 Step R across L, step L to side, step R across L
5 – 8 Step L to side, step R back, step L to side, step R across L {12:00}

[9 – 16] L Side Rock, Recover, ¼ Sailor Turn L, R Step Fwd., L Point, L Kick-Ball-Point

1 – 2 Rock L to side, recover to R
3 & 4 ¼ turn L stepping L back, step R to side, step L to side
5 – 6 Step R fwd., point L to side
7 & 8 Kick L fwd., step L next to R, point R to side {09:00}

[17 – 24] R Step Across L, L Step Back, ½ Shuffle Turn R, L Step Fwd., ¼ Turn R, L Cross Shuffle

1 – 2 Step R across L, step L back
3 & 4 ¼ turn R stepping R to side, step L next to R, ¼ turn R stepping R fwd.
5 – 6 Step L fwd., ¼ turn R changing weight to R
7 & 8 Step L across R, step R to side, step L across R {06:00}

[25 – 32] R Side Rock, Recover, R Step Behind L, ¼ Turn L, L Step Fwd., R Rock Fwd., Recover, R Coaster Step Back

1 – 2 Rock R to side, recover to L
3 – 4 Step R behind L, ¼ turn L stepping L fwd.
5 – 6 Rock R fwd., recover to L
7 & 8 Step R back, step L next to R, step R fwd. {03:00}

[33 – 40] Figure Of Eight L

1 – 4 Step L to side, step R behind R, □ ¼ turn L stepping L fwd., step R fwd.
5 – 8 ¾ turn L (weight to L), step R to side, step L behind R, ¼ turn R stepping R fwd. {06:00}

[41 – 48] L Side Step, Together, L Shuffle Fwd., R Side Step, Together, R Shuffle Fwd.

1 – 2 Step L to side, step R next to L
3 & 4 Step L fwd., step R next to L, step L fwd.
5 – 6 Step R to side, step L next to R
7 & 8 Step R fwd., step L next to R, step R fwd. {06:00}

[49 – 56] L Rock Fwd., Recover, Sailor Step Back (L + R), L Rock Back, Recover

1 – 2 Rock L fwd., recover to R
3 & 4 Step L behind R, step R to side, step L to side
5 & 6 Step R behind L, step L to side, step R to side
7 – 8 Rock L back, recover to R {06:00}

[57 – 64] ¼ Turn R, L Side Step, Hold, Together, L Side Step, R Touch, Rolling Vine R, Step L Across R

1 – 2 ¼ turn R stepping L to side, hold
&3 – 4 Step R next to L, step L to side, touch R next to L
5 – 7 ¼ turn R stepping R fwd., ½ R stepping L back, ¼ R stepping R to side
8 Step L across R {09:00}

Begin again and have fun!

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