

One Step From the Moon

Compte: 64

Mur: 4

Niveau: Phrased Intermediate

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Musique: A Un Paso De La Luna - Ana Mena & Rocco Hunt



Sequences : AAA A (S1 & S2) Bridge A (S3 & S4) AA B AA

BRIDGE 32C (On Wall 4 - After 16C)

S1. SLOW OUT OUT IN IN

1234. Step RF diagonal R forward, Hold, Step LF diagonal L forward, Hold
5678. Step RF back to centre, Hold, Step LF next to RF, Hold

S2. FORWARD SHUFFLE, ¼R. BACK SHUFFLE, COASTER STEP, FORWARD SHUFFLE

- 1&2. Step RF forward, Step LF next to RF, Step RF forward
3&4. ¼Turn R. Step LF to the left, Step RF next to LF, ¼Turn R. Step LF slightly behind RF
5&6. Step RF back, Close LF next to RF, Step RF forward
7&8. Step LF forward, Step RF next to LF, Step LF forward

S3. CROSS ROCK - SIDE (R/L), CROSS - ¼R. BACK -TOGETHER, COASTER STEP

- 1&2. Rock RF over LF, Recover onto LF, Step RF to the right
3&4. Rock LF over RF, Recover onto RF, Step LF to the left
5&6. Cross RF over LF, ¼Turn R. Step LF back, Step R Next to RF
7&8. Step LF back, Close RF next to LF, Step LF forward

S4. FORWARD SHUFFLE, ¼R. BACK SHUFFLE, COASTER STEP, FORWARD SHUFFLE

- 1&2. Step RF forward, Step LF next to RF, Step RF forward
3&4. ¼Turn R. Step LF to the left, Step RF next to LF, ¼Turn R. Step LF slightly behind RF
5&6. Step RF back, Close LF next to RF, Step RF forward
7&8. Step LF forward, Step RF next to LF, Step LF forward

PART A. 32C

S1. SIDE ROCK - TRIPLE STEP

12. Rock R to the right, Recover onto LF
3&4. Step RF next to LF, Step LF in place, Step RF in place
56. Rock LF to the left, Recover onto RF
7&8. Step LF next to RF, Step RF in place, Step LF in place

S2. WALK FORWARD R/L, FORWARD ROCK, BACK ROCK WHILE SHIMMY - RECOVER WHILE SHIMMY

12. Step RF forward, Step LF forward
34. Rock RF forward, Recover onto LF
5678. Rock RF back while shimmy (2times), Recover onto LF while shimmy (2times)

S3. WEAVE - TOUCH SIDE

1234. Cross RF over LF, Step LF to the left, Cross RF behind LF, Touch L toe to the left
5678. Cross LF over RF, Step RF to the right, Cross LF behind RF, Touch R toe to the right

S4. ½L. PIVOT, ¼L. PIVOT, TOE STRUT

1234. Step RF forward, ½L. Step LF in place, Step RF forward. ¼Turn L. Step LF in place
5678. Touch R toe forward, drop R heel in place, Touch L toe forward, Drop L heel in place

PART B. 32C.

S1. BIG STEP - DRAG - BACK ROCK (R/L)

1234. Big Step RF to the right, slide LF next to RF, Rock LF behind RF, Recover onto RF

5678. Big Step LF to the left, slide RF next to LF, Rock RF behind LF, Recover onto LF

S2. WALK FORWARD - HOLD (2X), ½L. PIVOT, WALK FORWARD (R/L)

1234. Step RF forward, Hold, Step LF forward, Hold

5678. Step RF forward, ½Turn L. Step LF in place, Step RF forward, Step LF forward

S3. SCISSORS - HOLD (R/L)

1234 Big Step RF to the right, Close LF next to RF, Cross RF over LF, Hold

5678. Big Step LF to the left, Close RF next to LF, Cross LF over RF, Hold

S4. ½L. BACK - ½L. FORWARD - FORWARD ROCK , ½R. FORWARD - ½R. BACK - BACK ROCK

1234. ½ Turn L. Step R back, ½Turn L. Step LF forward, Rock RF forward, Recover onto LF

5678. ½ Turn R. Step RF forward, ½Turn R. Step LF back, Rock RF back, Recover onto LF

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