|  |  |
| --- | --- |
| My One Woman |  |

.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| . | | | | | | |
| **拍数:** | 32 | **墙数:** | 4 | **级数:** | Beginner | . |
| **编舞者:** | Hea Sook Jang (KOR) & MJLD (KOR) - August 2024 | | | | |
| **音乐:** | My Only Lady (나만의 여인) - Sul Woon Do (설운도) | | | | |
| . | | | | | | |

**\*\*\* NO TAG, NO RESTART**

**S1 CROSS POINT (R,L), JAZZ BOX**

|  |  |
| --- | --- |
| 1-4 | RF cross over LF (1), LF side point (2), LF cross over RF (3), RF side point (4) |

|  |  |
| --- | --- |
| 5-8 | RF cross over LF (5), LF 1/4 turn right back RF (6), RF side (7), LF fwd (8)(3:00) |

**S2 FORWARD HEEL TOUCH, 1/4 TURN LEFT TOGETHER, FORWARD HEEL TOUCH, TOGETHER X 2**

|  |  |
| --- | --- |
| 1-4 | RF fwd heel touch(1), RF 1/4 turn left together LF(2)(12:00), LF fwd heel touch(3) LF step together RF(4) |

|  |  |
| --- | --- |
| 5-8 | RF fwd heel touch(5), RF 1/4 turn left together LF(6)(9:00), LF fwd heel touch(7), LF step together RF(8) |

**S3 FORWARD ROCK, RECOVER, TRIPLE STEP (R,L)**

|  |  |
| --- | --- |
| 1-4 | RF fwd rock(1), LF recover(2), walk in place three times(R,L,R)(3&4) |

|  |  |
| --- | --- |
| 5-8 | LF fwd rock(5), RF recover(6), walk in place three times(L,R,L)(7&8) |

**S 4 LINDY STEP (R,L)**

|  |  |
| --- | --- |
| 1-4 | RF side (1), LF beside RF(&), RF side (2), LF back rock(3), RF recover (4) |

|  |  |
| --- | --- |
| 5-8 | LF side (5), RF beside LF(&), LF side (6), RF back rock (7), LF recover (8) |

**Have Fun Dance ~**

**Contact : happyll1004@naver.com**