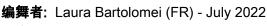
My One Was You

拍数: 32

级数: Intermediate



音乐: Flowers - Lauren Spencer-Smith

Intro: 16 counts Tags : after wall 1, after wall 2, after wall 4 [1 – 8] NightClub Basic 1/4. Step turn step. Full turn. Mambo 2x 1 - 2&Step RF to R, Step LF together with RF, Cross RF over LF 12:00 3 – 4& Turn ¼ L stepping LF forward, Step RF forward, Turn ½ L finishing weight on LF 9:00 5 - 6& Step RF forward, Turn ½ R stepping LF back, Turn ½ R stepping RF forward 9:00 7 & 8 & Rock LF forward, Recover on RF, Rock LF to L, Recover on RF 6:00 [9 - 16] Cross, Mambostep, Weave, Spiral, Step, Hitch, Mambostep, Rockstep 1 – 2& Cross LF behind RF, Rock RF to R, Recover on LF 6:00 3&4 Cross RF behind LF, Step LF to L, Cross RF over LF turning ¾ L 6:00 5 - 6Step LF forward hitching RF with open knee, Rock RF forward, Recover on LF 6:00 7 – 8& Turn 1/8 R stepping RF back, Rock LF forward with R knee pop, Recover on RF with L knee pop 12:00 Arms Stretch RA forward (7), Stretch LA forward (&), Bring BA bent in front of chest (8), Stretch BA 7&8& forward (&) [17 – 24] Cross, Sweep, Weave, Sweep, Step 2x, Rockstep, Chainé turn, Rockstep, Chainé turn Cross LF over RF sweeping RF back to front, Cross RF over LF, Step LF to L 12:00 1 - 2&Arms Bring BA from bottom to top in a circular motion (1), Lower BA in your own style (2&) 3 - 4Cross RF behind LF sweeping LF front to back, Turn 1/8 L stepping LF back 12:00 5 - 6Step RF back, Turn 3/8 L rocking LF to L, Recover on RF turning ¼ R, Step LF together with RF turning ¾ R 9:00 7 – 8& Rock RF to R, Recover on LF turning ¼ L, Step RF together with LF turning ¾ L 9:00 [25 – 32] Step sweep 3X, Rockstep, Hitch, Step 2x, Side mambo, Cross mambo 1 - 2Step LF forward sweeping RF back to front, Step RF forward sweeping LF back to front 3:00 3 - 4 - 5Step LF forward sweeping RF back to front, Rock RF forward, Recover on LF hitching RF 3:00 Arms LA stretched forward, RA moving from bottom to front in a circular motion (5) 6&7 Step RF back, Cross LF behind RF turning ¼ R, Rock RF to R 12:00 & 8 & Recover on LF, Rock RF crossed behind LF, Recover on LF 12:00 Tag [1 – 8] Heel taps 3x, Step, Pirouette, Step, Hold 3x a1 – 2 – 3 Point RF to R (a), Tap R heel on the floor, Tap R heel on the floor, Tap R heel on the floor 12:00 Arms LH behind the back, RH open and going up slowly (RA stretched) (1 - 2 - 3)Step RF to R turning 1/2 R with LF hitch, Step LF to L 12:00 4 - 56 - 7 - 8Hold, Hold, Hold 12:00 Arms Slide RH down slowly as LH moves from bottom to front slowly (5 - 6 - 7), Wrap LH fingers (8) Smile and start again !

Last Update - 17 Apr 2023



COPPER KNOE

墙数: 2