

No-One

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Daniel Exton (UK) - May 2024
音乐: No One - Alicia Keys



S1: Side, Together, Box, Side Together, Side, Together, Box Back

1, 2 Right to Right side, Left next to Right
3&4 Right to Right side, Left next to Right, Right foot forward
5, 6 Left to Left side, Right next to Left
7&8 Left to Left side, Right next to Left, Left foot back

S2: Back, Touch, Forward, Scuff, Syncopated Weave, Cross Rock, Recover ¼ Restart here

1, 2 Right foot back, Left touch in front of Right
3, 4 Left foot forward, Right foot scuff forward
5&6& Right over Left, Left to Left side, Right behind Left, Left to Left side
7, 8 Cross Rock Right over Left, Recover onto Left with ¼ turn Right

S3: Walk x2, Shuffle, Rock, Recover, Run Back

1, 2 Walk forward Right, Left
3&4 Shuffle forward Right-Left-Right
5, 6 Rock forward on Left foot, Recover onto Right
7&8 Run back Left-Right-Left

S4: Back Rock, Recover, Walk x2, Jazzbox ¼

1, 2 Rock back on Right foot, Recover onto Left
3, 4 Walk forward Right, Left
5, 6 Cross Right over Left, Left foot back
7, 8 Right to Right side with ¼ turn Right, Left foot next to Right

Restarts: 16 Counts into Walls 4 & 8
