

Only 16

拍数: 32 墙数: 4 级数: Beginner
编舞者: Island Trio (CAN) - March 2025
音乐: Only Sixteen - Sam Cooke



Section 1: Walk forward, shuffle forward, Rock ¼ turn, Shuffle

- 1-2 Step R forward, Step L forward
- 3&4 Step R forward, Step L next to R, Step L forward
- 5-6 Rock L forward, Recover weight to R
- 7&8 Turn ¼ left stepping L to side, Step R together, Step L to L side

Section 2: Weave L, then R, ending in points

- 1-4 Cross R over L, Step L to L side, Step R behind L, Point L to L side
- 5-8 Cross L over R, Step R to R side, Step L behind R, point R to R side

Section 3: Right Rocking Chair, Right Jazzbox ¼ turn cross

- 1-4 Rock forward on R, recover on L, Step R back, recover weight to L
- 5-8 Cross R over L, step L back, ¼ turn R, cross L over R

Section 4: Step Together, Step, Touch, Step Together, ¼ L Brush

- 1-4 Step R to R side, Step L together, Step R to R, Touch L by R
 - 5-8 Step L to L side, Step R together, Turn ¼ L stepping L to L side, Brush R
- (This last 8 steps you can add Shoop, Shoop arms, if desired)
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