

One In A Row

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Tom Knight (USA)
音乐: One In a Row - Trick Pony



½ PIVOT TURN, LOCK STEP, SHUFFLE & ¾ TURN

- 1-2 ½ pivot turn (step forward on right foot, turning ½ left)
- 3&4 Lock step (step forward on right foot, step left foot behind right, step forward on right foot)
- 5&6 Left shuffle (shuffle forward left, right, left)
- 7-8 ¾ turn (turn ¾ over left shoulder stepping right, left)

ROCK STEP, CROSS SHUFFLE, ROCK STEP & CROSS SHUFFLE

- 1-2 Rock step (rock right foot to right side & recover)
- 3&4 Cross shuffle (cross right foot over left & shuffle)
- 5-6 Rock step (rock left foot to left side & recover)
- 7&8 Cross shuffle (cross left foot over right & shuffle)

SYNCOPATED BACK STEPS, ROCK STEP, SHUFFLE, STEP & TOUCH

- &1&2 Syncopated back steps (with legs still crossed, step back "on balls of feet" right, left, right, left)
- 3-4 Rock step (rock back on right foot & recover on left)
- 5&6 Shuffle step (shuffle forward, right, left, right)
- 7-8 Step & toe touch (step forward on left & touch right next to left foot)

TOE TOUCHES, RIGHT SWEEP, ½ TURN, STEP TOUCH & SYNCOPATED ROCK STEPS

- 1-2 Toe touches (touch right toe forward, touch toe to right side)
- 3&4 Toe touch & sweep (touch right toe forward and sweep to the right into a ½ turn over right shoulder)
- 5-6 Step & toe touch (step forward on left & touch right next to left foot)
- &7&8 Syncopated rock steps (rock forward on right, back on left, rock back on right, forward on left)

REPEAT

ALTERNATE ENDING

When the "Champs" Start playing the song "Tequila" which is 12 counts into the dance do the following

- 5-6 Rock step (rock back on left and recover)
- 7&8 Triple step (do a triple step to front wall, planting feet apart while putting hands at an angle down to the floor on words "tequila" - like a "y" upside down - head to arms)