

One Little Word

拍数: 32 墙数: 4 级数:
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音乐: Saying Sorry - The Borderers



STEP HOLD, SAILOR, HOLD, SAILOR ¼ TURN RIGHT

- 1-2-3&4 Step right to right side, hold, step left foot behind right foot, step right foot to right side, step left foot to left side
- 5-6&7 Hold, step right foot behind left foot, step left foot to side, step right foot to right making ¼ turn right

LEFT LOCK STEP, SIDE ROCK, TRIPLE IN PLACE, SIDE ROCK LEFT

- 8&1-2-3 Step left foot, lock right foot behind left foot, step forward left foot, rock right foot to right side, replace weight onto left foot
- 4&5-6-7 Triple in place (right-left-right), rock left to left side, replace weight onto right foot

COASTER LEFT, ½ PIVOT STEP, LOCK STEP RIGHT

- 8&1-2-3 Step back on left foot, step right foot next to left foot, step forward on left foot, ½ pivot right then step forward onto left foot
- 4&5-6-7 Step forward right foot, lock left foot behind right foot, step forward onto right foot, rock forward onto left foot, replace weight back onto right foot

LOCK STEP BACK, ROCKS, SHUFFLE ½ TURN RIGHT, TOUCH WITH ¼ TURN

- 8&1-2-3 Step back onto left foot, lock right foot in front of left foot, step back onto left foot, rock back onto right foot, replace weight onto right foot
- 4&5-6-7-8& Shuffle ½ turn to right, step onto left foot making ¼ turn right, touch right foot to left foot, take two quick steps to right side (right, left)

The last two counts together with the 1st count dance as a chasse

REPEAT
