

Two As One

拍数: 32 墙数: 0 级数:
编舞者: Paula Frohn (USA)
音乐: We Are the Same - Kenny Rogers



Position: Side-By-Side

Adapted from the line dance "We Are The Same" choreographed by Barry & Dari Anne Amato, John Robinson & Jo Thompson

STEP RIGHT FOOT FORWARD, CROSS, BACK, SHUFFLE BACK, ROCK BACK, REPLACE

- 1 Step right foot forward
- 2-3 Cross left foot in front of right foot; step right foot back
- 4&5 Step left foot back; lock right foot in front of left foot; step left foot back
- 6-7 Rock right foot back; replace weight onto left foot

SHUFFLE FORWARD, TWO ½ TURNS RIGHT, SHUFFLE, HIP SWAYS

- 8&1 Step right foot forward; lock left foot behind right foot, step right foot forward

Release left hands

- 2-3 Turn ½ right; step left foot back; turn ½ right, step right foot forward

Pick up left hands

Simple variation for 2-3, walk forward left foot then right foot

- 4&5 Step left foot forward; lock right foot behind left foot; step left foot forward
- 6& Sway hip forward on right foot; sway hip back onto left foot
- 7&8 Sway hip forward on right foot; sway hip back onto left foot; sway hip forward on right foot

TWO WALKS FORWARD, HITCH, CROSS ROCK, SIDE, POINT, POINT, SAILOR

- 1-2 Walk forward left foot then right foot
- 3 Small hitch with left
- 4&5 Cross rock left foot over right foot; recover onto right foot; step left foot to left side
- 6-7 Point right foot in front of left foot; point right foot to right side
- 8&1 Cross right foot behind left foot; step left foot to left side; step right foot forward

STEP FORWARD, PIVOT ½ LEFT, SHUFFLE FORWARD, PIVOT ½ LEFT, SHUFFLE FORWARD

Release left hands

- 2-3 Step left foot forward; pivot ½ right, transferring weight onto right foot
- 4&5 Step left foot forward; step right foot next to left foot; step left foot forward
- 6-7 Step right foot forward; pivot ½ left, transferring weight onto left foot

Pick up left hand

- 8& Step right foot forward; step left foot next to right foot

REPEAT
