

No Need To Rush

拍数: 64 墙数: 2 级数: Intermediate
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音乐: One Step At a Time - Jordin Sparks



Starts on Vocal (16 Counts)

Side, Behind & Step, Mambo Step, 1/2, 1/2, 1/4 Chasse.

- 1-2&3 Step Left to Left side, cross step Right behind Left, step Left to Left side, step forward on Right.
4&5 Rock forward on Left, recover on Right, step back on Left.
6-7 Make 1/2 turn to Right stepping forward on Right, 1/2 turn to Right stepping back on Left.
8&1 Make 1/4 turn to Right stepping Right to Right side, step Left next to Right, step Right to Right side.

Rock & Side, Cross, Side, Sailor 1/4 , Step.

- 2&3 Cross rock Left over Right, recover on Right, step Left to Left side.
4-5 Cross step Right over Left, step Left to Left side.
6&7 Cross step Right behind Left, make 1/4 turn to Right stepping Left next to Right, step forward on Right.
8 Step forward on Left. *R2**

Make 1/2 Pivot, Left Lock Step, Kick Cross Back, Side, Cross, 1/4 Lock Step Back.

- 1 Pivot 1/2 turn to Right.
2&3 Step forward on Left, lock Right behind Left, step forward on Left.
4&5 Kick Right forward Diagonal Right, cross step Right over Left, step back on Left.
6-7 Step to Right side on Right, cross step Left over Right.
8&1 Make 1/4 turn to Left stepping back on Right, lock Left over Right, step back on Right.

Turn 1/2 , Touch, Rock & 1/2 , Coaster Step, 1/4 Behind & Cross.

- 2-3 Make 1/2 turn to Left stepping forward on Left, touch Right toe forward.
4&5 Rock back on Right, recover on Left, make 1/2 turn to Left stepping back on Right.
6&7 Step back on Left, step Right next to Left, step forward on Left.
8&1 Make 1/4 turn to Right on ball of Left as you cross step Right behind Left, step Left to Left side, cross step Right over Left.

(&) Cross & Cross, Rock & Cross, 1/4 , 1/4 , Rock & Side.

- &2&3 Step Left to Left side, cross step Right over Left, step Left to Left side, cross step Right over Left.
4&5 Rock to Left side on Left, recover on Right, cross step Left over Right.
6-7 Make 1/4 turn to Right stepping forward on Right, 1/4 turn to Right stepping Left to Left side.
8&1 Cross rock Right behind Left, recover on Left, step Right to Right side.

Rock & Side, Rock & 1/4 , Step, 1/2 Pivot, 1/4 Sweep.

- 2&3 Cross rock Left behind Right, recover on Right, step Left to Left side.
4&5 Cross rock Right behind Left, recover on Left, make 1/4 turn to Right stepping forward on Right.
6-7 Step forward on Left, pivot 1/2 turn to Right.
8 1/4 turn to Right sweeping Left to touch next to Right. *R1*

Chasse Left, Back Rock, Step, Lock & Step, Sailor 1/2 Turn.

- 1&2 Step Left to Left side, step Right next to Left, step Left to Left side.
3-4 Rock back on Right, recover on Left.

5-6 Step Right forward diagonal Right, lock Left behind Right.
&7 Step Right forward diagonal Right, step Left forward diagonal Left.
8&1 Cross step Right behind Left making 1/4 turn to Right, 1/4 turn to Right stepping Left next to Right, step forward on Right.

Walk, Walk, Step, 1/2 Pivot, Left Shuffle, Step

2-3 Walk forward Left-Right.
4-5 Step forward on Left, pivot 1/2 turn to Right.
6&7 Step forward on Left, step Right next to Left, step forward on Left.
8 Step forward on Right.

***R1* Restart 1**

Wall 2.. Dance up to & including Count 8, Section 6 (48).. Then Restart from beginning.

***R2** Restart 2**

Wall 5.. Dance up to & including Count 7, Section 2 (15).. Then make a quick 1/2 turn to Right sweeping Left to touch next to Right.. Then Restart from beginning.
