Number One



拍数: 32 墙数: 4 级数: Intermediate

编舞者: Marjorie Barnabas-Shaw (MY) - August 2009

音乐: Just The Way You Like It - The S.O.S. Band: (Album: The Very Best of SOS

Band)



Intro Count: 64 counts on strong beat. Start dancing on vocals

Structure: Repeating with no tag, bridge or restart

Rhythm: Rock

A. LUNGE RIGHT & RIGHT CHASSE, VINE RIGHT, ROCK AND CROSS.

1-2 Lunge right. Recover weight onto left.

384 Step right to right side. Close left beside right.

Step right to right side. Close left beside right. Step right to right side.
Cross left behind right. Step right to right side. Cross left over right.
Rock right to right side. Recover onto left. Cross right over left.

B. STEP BACK LEFT- RIGHT, HEEL & CROSS, STEP BACK, ½ RIGHT, FWD. SHUFFLE.

1-2 Step back left. Step back right.

3&4 Dig left heel forward. Step left beside right. Cross right over left.

5-6 Step back left. Turn ½ right stepping forward on right.
7&8 Step forward left. Close right beside left. Step forward left.

C. 1/2 LEFT, CROSS BACK, SIDE, CROSS BACK, 1/2 RIGHT, SIDE, CROSS BACK, 1/2 LEFT.

1-2 Turn ¼ left stepping back right to right side. Cross left behind right.

3-4 Step right to right side. Cross left behind right.

Turn ¼ right stepping right forward. Step left to left side.
Cross right behind left. Turn ¼ left stepping forward on left.

D. TOE TOUCHES, RIGHT COASTER, ROCK AND ½ LEFT SHUFFLE TURN.

1-2 Touch right toe to right side. Touch right toe forward.

3&4 Step back right(in a sweeping manner). Step left beside right. Step forward right.

5-6 Rock forward left. Recover onto right.

7&8 Shuffle 1/2 turn left

~~***~~ DANCE LIKE YOU HAVE NEVER DANCED BEFORE ~~***~~

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