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

1-2

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

Lunge right. Recover weight onto left.

3&4	Step right to right side. Close left beside right. Step right to right side.
5&6	Cross left behind right. Step right to right side. Cross left over right.

7&8 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. 1/4 LEFT, CROSS BACK, SIDE, CROSS BACK, 1/4 RIGHT, SIDE, CROSS BACK, 1/4 LEFT.

1-2	Turn 1/2 left stenning	hack right to right side	Cross left behind right.
1-4	1 4111 /4 1611 316001114	Dack Hall to Hall Side.	CIOSSIEIL DEIIIIG HGHL.

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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