

# One Shot

拍数: 48      墙数: 2      级数: Advanced  
编舞者: Dom Yates (UK) - July 2013  
音乐: We Own It (Fast & Furious) - 2 Chainz & Wiz Khalifa : (Fast & Furious 6 Soundtrack or iTunes)



## 16 Count Intro

### Restart Wall 3 after 32 Counts

#### [1-8] : Out Out (With Prep), Sweep ½ Turn, Samba, Cross ¼ Turn, Coaster Step

- 1,2      Step right out to side, step left out to side (angling body to left ready to turn)
- 3      Make ½ turn to right stepping onto right and sweeping left around
- 4&5      Cross left over right, rock right to side, recover onto left
- 6,7      Cross right over left, make ¼ turn right stepping back on left
- 8&1      Step back on right, step left next to right, step forward on right

#### [9-16] : Kick Cross Back Rock, Spiral Full Turn, Mambo Step, ¼ Turn Left

- 2&3&      Kick left forward, cross left over right, rock back on right, recover onto left
- 4,5,6      Step forward on right, spiral full turn to left, step forward on left
- Easy Option : Step forward on right, touch left next to right, step forward on left**
- 7&8      Rock forward on right, recover onto left, step back on right
- &      Make ¼ turn to left stepping left to side

#### [17-24] : 2x Walks, Mambo Step, Back ½, 2x Walks, ¼ Out Out, Shoulder Rocks, ¼ Turn Roll

- 1,2      Walk right, left
- 3&      Rock forward on right, recover onto left
- 4&      Step back on right, make ½ turn left stepping forward on left
- 5,6      Walk forward right, left
- 7&      Make ¼ turn left stepping right out to side, step left out to side
- 8&1      Rock shoulders to left, rock shoulders to right, roll upper body to left making ¼ turn left

#### [25-32] : Step, Mambo, Out Out, Knee Pop, Hitch, Sailor Step

- 2      Step forward on right
- 3&4      Rock forward on left, recover onto right, step back on left
- &5      Step right out to side, step left out to side
- 6&7      Pop right knee in to left, pop right knee out to right, hitch right (angled to right)
- 8&1      Cross right behind left, step left in place, step right to side

**\*Restart Here Wall 3\* (last step of Sailor becomes first step of dance)**

#### [33-40] : Hitch, Side, Sailor ¼ Turn Left, Touch Back, ½ Turn, Side

- 2,3      Hitch left across right, step left to side
- 4&5      Cross right behind left, make ¼ turn left stepping onto left, step right to side
- 6,7      Touch left toe back, pivot ½ turn to left stepping onto left
- 8      Step right to side,

#### [41-48] : Tuts with ¼ Turn

- 1      Bring both hands to chest height palms together (like praying)
- &      Raise hands to head height bringing elbows together (like begging)
- 2      Bend both wrists 90° to right, palms still together (parallel to floor)
- &      Keeping arms in same position, move to shoulder width apart (hands now separate)
- 3      Flip right wrist over 180°, palm facing floor (both hands should be pointing towards each other, still slightly separate)

- & Lift left elbow to parallel with floor, keeping bend in left wrist (so left hand is now palm towards right, pointing at floor)
- 4 Bring left arm to right (left wrist locking into right wrist, right hand lying flat on left forearm)
- & Slide left hand down right arm to right elbow
- 5 Straighten left hand, causing right arm to drop on top of left, straightening right hand (Both arms parallel to floor, right lying on top of left)
- & Rotate left wrist 90° upwards (hand pointing to ceiling), pivot right wrist 90° downwards so right hand is pointed toward floor (arms end up in a box shape)
- 6 Move arms apart so hands come together in middle (right palm against left back of hand)
- & Rotate right hand over left, so right palm is facing to left, causing left to bunch to fist
- 7,8 Make anti-clockwise circle with hands, causing body to rotate ¼ turn to left (imagine you are mixing in a big pot)

**Start again**

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