

One Shot

拍数: 64 墙数: 4 级数: Easy Intermediate
编舞者: Kate Sala (UK) & Robbie McGowan Hickie (UK) - October 2013
音乐: Stripes - Brandy Clark : (CD: Single Stripes)



32 Count intro

2 x Toe Struts Diagonally Forward (Out-Out). Back Rock. 2 x Kicks Diagonally Forward.

- 1 – 2 Step Right toe Diagonally forward Right. Drop Right heel to floor.
- 3 – 4 Step Left toe Diagonally forward Left. Drop Left heel to floor. (Feet Shoulder Width Apart)
- 5 – 6 Rock back on Right. Rock forward on Left.
- 7 – 8 Kick Right Diagonally forward Right x 2.

Back Rock. Extended Vine Right. Touch.

- 1 – 2 Rock back on Right. Rock forward on Left.
- 3 – 6 Step Right to Right side. Cross Left behind Right. Step Right to Right side. Cross step Left over Right.
- 7 – 8 Step Right to Right side. Touch Left toe beside Right.

Side Step Left. Hold. & 1/4 Turn Left. Hitch. 1/2 Turn Left. Hitch. 1/4 Turn Left. Hitch.

- 1 – 2 Long step Left to Left side. Hold.
- &3 – 4 Step ball of Right beside Left. Make 1/4 turn Left stepping forward on Left. Hitch Right knee up.
- 5 – 6 Make 1/2 turn Left stepping back on Right. Hitch Left knee up.
- 7 – 8 Make 1/4 turn Left stepping Left to Left side. Hitch Right knee up. (Facing 12 o'clock)

****Restart - Wall 3****

2 x Prissy Walks Forward with Holds. Right Mambo 1/2 Turn Right. Hold.

- 1 – 4 Cross step Right forward over Left. Hold. Cross step Left forward over Right. Hold.
- 5 – 8 Rock forward on Right. Rock back on Left. Make 1/2 turn Right stepping forward on Right. Hold.

Cross Rock. Side Rock. Left Jazz Box 1/4 Turn Left. Hold.

- 1 – 2 Cross rock Left over Right. Rock back on Right. (Facing 6 o'clock)
- 3 – 4 Rock Left out to Left side. Recover weight on Right.
- 5 – 8 Cross step Left over Right. Make 1/4 turn Left stepping back on Right. Step Left to Left side. Hold.

Right Lock Step Forward. Hold. Full Turn Right. Sweep.

- 1 – 4 Step forward on Right. Lock step Left behind Right. Step forward on Right. Hold. (Facing 3 o'clock)
- 5 – 7 Make a Full turn Right (on the spot) stepping Left. Right. Left.
- 8 Sweep Right out and around from Front to Back.

Right Sailor Step. Hold. Cross Rock 1/4 Turn Left. Hold.

- 1 – 4 Cross Right behind Left. Step Left to Left side. Step Right to Right side. Hold. ****See Ending Below****
- 5 – 6 Cross rock Left over Right. Rock back on Right.
- 7 – 8 Make 1/4 turn Left stepping forward on Left. Hold. (Facing 12 o'clock)

Step. Pivot 1/2 Turn Left. Step Forward. Hold. Step. Pivot 1/2 Turn Right. 1/4 Turn Right. Drag.

- 1 – 4 Step forward on Right. Pivot 1/2 turn Left. Step forward on Right. Hold. (Facing 6 o'clock)
- 5 – 6 Step forward on Left. Pivot 1/2 turn Right.

7 – 8 Make 1/4 turn Right stepping Left Long step to Left side. Drag Right towards Left. (Facing 3 o'clock)

Start Again

Restart: Dance Counts 1 – 24 of Wall 3... then Start the Dance again from the Beginning (Facing 6 o'clock)

Ending: Music ends During Wall 8...Replace Right Sailor with: Right Sailor 1/4 Turn Right – Hold & Pose (End Facing 12 o'clock)
