One Thing



拍数: 32 墙数: 4 级数: Intermediate Country Cha Cha

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音乐: You Don't Know a Thing About Me - Gary Allan : (Album: See If I Care - 2003)



Intro: 16 Counts

STEPS: STEP SIDE, CROSS ROCK, TRIPLE STEP SIDE, CROSS ROCK, TRIPLE STEP TURNING 1/4 R

1-2-3 Step Right to right, rock Right over left, recover to Left Step Left to left, step Right together, step Left to left

6-7 Cross Right over left, recover to Left

Step Right to right, step Left together, do a 1/4 turn right and step Right forward 3:00

ROCK RECOVER, ROCK RECOVER & STEP FORWARD, FORWARD RIGHT, ½ TURN LEFT, KICK BALL STEP

2-3 Rock Left forward, recover to Right

4&5 Rock Left back, recover to Right, step Left forward

6-7 Step Right forward, turn ½ left and step Left forward (9:00)
8&1 Kick Right forward, step Right together, step Left slightly forward

RIGHT ROCK FORWARD & RECOVER, RIGHT BACK LOCK CHA CHA, LEFT COASTER STEP, WALK FORWARD

2-3 Rock Right forward, recover to Left

Step Right back, Left lock in front of Right, Step Right back
 Step Left back, Step Right together, Step Left Forward
 Step right forward, step left forward (or full turn forward)

ROCK, RECOVER AND 1/4 TURN RIGHT, CROSS, ROCK STEP & CROSS, STEP TURNING, START CHA CHA RIGHT

2&3 Rock Right forward, recover back to Left, turn 1/4 right and step Right to side 12:00

4 Cross left over right

5&6 Rock Right to side, step Left to left, cross Right over Left

7 Turn 1/4 to right and step left back 3:00

8& Step Right to right side, Left beside right 3:00

Repeat

TAG: Starting wall 5 (12:00)

Instrumental: 16 counts Repeat movements from Section 1 After count 8&1 add the following:

TWO ROLLING CHA-CHAS

2&3 Do 1/4 turn right and step Left to left, Right beside Left, 1/4 more to right and step Left back

4& Do 1/4 turn right (look 12:00 again) and step Right to right, Left beside Right

Start again looking 12:00 from count #1