

One

拍數: 32 牆數: 2 級數: Intermediate NC
編舞者: Paul Snooke (AUS) - June 2019
音樂: One - Lewis Capaldi : (Album: Divinely Uninspired To A Hellish Extent)



Notes:

*Dance starts immediately – so have been teaching to start dance with weight on right foot and begin the dance on count 2, stepping the L foot forward.

*Restart on 2nd (after count 34&) and 5th (after count 8&) walls (both will restart to the back wall)

[1-8] R forward, L forward, R recover L back & R ronde, R side, L cross, R side, L recover, R behind, L side, Recover R, $\frac{3}{4}$ L forward

1-2& Step RF forward, Step LF forward, Recover weight to RF

3-4& Step RF back & turn $\frac{1}{4}$ R as you sweep RF out to R side, Step RF to R side, Cross LF over RF [3:00]

5-6& Step RF to R side, Step LF to L side, Cross RF over LF,

7-8& Step LF to L side, Recover weight to RF, Turn $\frac{3}{4}$ L on the ball of the RF & step LF forward [6:00]

Restart dance on 5th wall here – no variation of dance (facing the back wall)

[9-16] R forward, Turn $\frac{1}{2}$, R together, L forward, Turn $\frac{1}{2}$, $\frac{1}{2}$ L back, R back & sweep L, L back and sweep R, Weave R L R L

1-2& Step RF forward, Turn $\frac{1}{2}$ L transferring weight to LF, Step RF together [12:00]

3-4& Step LF together, Turn $\frac{1}{2}$ R transferring weight to RF, Turn $\frac{1}{2}$ R & step LF back [12:00]

5-6 Step RF back sweeping the LF around behind the RF, Step LF back sweeping the RF around behind the LF

7&8& Cross RF behind LF, Step LF to L side, Cross RF over LF, Step LF to L side [12:00]

[17-24] $\frac{1}{8}$ R back, Recover L, $\frac{3}{8}$ R back, $\frac{1}{2}$ L forward & reach up, Bend L knee & hand into a fist, R back & push hand, L back, $\frac{1}{2}$ R forward, L forward, Turn $\frac{1}{2}$, L forward, Turn $\frac{1}{2}$

1-2& Turn $\frac{1}{8}$ R & step RF back, recover weight to LF, Turn $\frac{3}{8}$ L & step RF back [9:00]

3-4-5 Turn $\frac{1}{2}$ L & step LF forward reach up with the R hand, Bend the L knee and crouch down into a low position with R hand in a fist at the chest, Step RF back pushing off with the LF & Push your R palm forward [3:00]

6&7 Step LF back, Turn $\frac{1}{2}$ R & step RF forward, Step LF forward [9:00]

8&8& Turn $\frac{1}{2}$ R transferring weight to RF, Step LF forward, Turn $\frac{1}{2}$ R transferring weight to RF [9:00]

[25-32] L forward, Recover R, $\frac{1}{2}$ L forward, R forward, Recover L, $\frac{1}{4}$ R side, L forward, Recover R, $\frac{1}{2}$ L forward, Walk R L, $\frac{1}{2}$ R hitch

1-2& Step LF forward, Recover weight to RF***, Turn $\frac{1}{2}$ L & step LF forward [3:00]

***dance up to count 34 on 2nd wall, replace the & count with a $\frac{1}{4}$ L as you step to the side (facing back wall) and restart

3-4& Step RF forward, Recover weight to LF, Turn $\frac{1}{4}$ R & step RF to R side [6:00]

5-6& Step LF forward, Recover weight to RF, Turn $\frac{1}{2}$ L & step LF forward [12:00]

7-8& Step RF forward, Step LF forward, Turn $\frac{1}{2}$ L & Hitch R knee [12:00]

Ending: Wall 7, dance the first 8& counts (facing the back wall), continue you turn with a $\frac{1}{2}$ turn L step RF back and drag LF together

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