Down to One

拍數: 32

級數: Improver

編舞者: Judy Rodgers (USA) - August 2020

音樂: Down to One - Luke Bryan

#16 count intro from hard beat - No tags or restarts

S1: Out out in in, step lock & walk walk

- 1-2 Step L fwd to left diagonal, step R fwd to right diagonal,
- 3-4 Step L back in to center, step R back in to center
- 5-6& Step L fwd to left diagonal, step/lock R behind L, step L fwd
- 7-8 Walk fwd R, L

S2: Anchor step, turn 1/2 L, turn 1/4 L, coaster step, fwd rock side rock

- 1&2 Step ball of R behind L, step L in place, step R slightly back
- 3-4 Turn 1/2 left step L fwd, turn 1/4 left step R to right side 3:00
- 5&6 Step back L, step R beside L, step L fwd
- 7&8& Rock R fwd, recover L, rock R to right side, recover L

S3: Cross turn 1/4 R, shuffle, rock recover, shuffle

- 1-2 Cross R over L, turn 1/4 right step L back 6:00
- 3&4 Shuffle back R L R
- 5-6 Rock L back, recover R
- 7&8 Shuffle fwd L R L

S4: Kick & point & step heel twists, back back, coaster step

- 1&2 Kick R fwd, step on ball of R, point L to left side
- &3&4 Step L beside R, step R fwd, twist both heels to right, twist both heels back to center
- 5-6 Step R back, step L back
- 7&8 Step R back, step L beside R, step R fwd





牆數:2