

One Last Two Step

拍數: 32 牆數: 4 級數: Absolute Beginner
編舞者: Claire Bell (UK) - June 2021
音樂: One Last Two Step - Royce Johns : (iTunes & amazon)



Intro 32 counts after heavy beat (14 seconds) on the word "before"

Section 1: Side, flick, side, hitch, grapevine, touch

1,2 Step right to right side. Flick left behind right (*see below)
3,4 Step left to left side. Hitch right knee (*see below)
5,6 Step right to right side. Step left behind right
7,8 Step right to right side. Touch left next to right

***Optional hand movement: Slap left foot with right hand on count 2, slap right knee with left hand on count 4**

Section 2: Side, flick, side, hitch, grapevine ¼ turn, touch

1,2 Step left to left side. Flick right behind left (*see below)
3,4 Step right to right side. Hitch left knee (*see below)
5,6 Step left to left side. Step right behind left
7,8 Step forward on left making ¼ turn left. Touch right next to left

***Optional hand movement: Slap right foot with left hand on count 2, slap left knee with right hand on count 4**

Section 3: Walk, walk, walk, kick, back, kick (clap), back, kick (clap)

1,2 Walk forward on right. Walk forward on left
3,4 Walk forward on right. Kick left forward
5,6 Step back on left. Kick right forward and clap
7,8 Step back on right. Kick left forward and clap

Section 4: Left coaster, brush, jazz box

1,2 Step back on left. Step right next to left
3,4 Step left forward. Brush right next to left
5,6 Cross right over left. Step back on left
7,8 Step right to right side. Cross left over right

Last Update - 27 June 2021
