

1 + 1

拍數: 32 牆數: 4 級數: Improver
編舞者: Linah Lunardi (INA) - March 2024
音樂: 1+1 (feat. Amir) (Banx & Ranx Remix) - Sia



Intro : 16 counts - Start with weight on L foot
No Tag, No Restart

(1-8) CROSS ROCK, CHASSE, CROSS, SIDE, BEHIND-SIDE-CROSS.

1 2 Cross rock RF over LF, Recover onto LF
3&4 Step RF to R, Close LF next to RF, Step RF to R
5 6 Cross LF over RF, Step R to R
7&8 Cross LF behind RF, Step RF to R, Cross LF over RF

(9-16) SIDE HIP ROL S, BEHIND-SIDE-CROSS, HIP BUMPS

1 2 Step on a ball of RF to R lifting R hip up, Drop R heel & rolling hips down and round to L
3 4 Step on a ball of RF to R lifting R hip up, Drop R heel & rolling hips down and round to L
5&6 Cross RF behind LF, Step LF to L, Cross RF over LF
7 8 Touch LF fwd diagonal L bumping L hip up 2x

(17-24) COASTER STEP, 1/4 L PIVOT, CROSS SHUFFLE, 1/2 L CROSS SHUFFLE.

1&2 Step LF back, Close RF next to LF, Step LF fwd
3 4 Step RF fwd, Turn 1/4 L weight on LF
5&6 Cross RF over LF, Step LF to L, Cross RF over LF
7&8 Turn 1/2 L crossing LF over RF, Step RF to R, Cross LF over RF

(25-32) SIDE ROCK, TRIPLE STEP. (2X)

1 2 Rock RF to R, Recover onto LF
3&4 Step in place RLR
5 6 Rock LF to L, Recover onto RF
7&8 Step in place LRL

Get your groove on and happy dancing!
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