

Not The One

拍數: 102 牆數: 2 級數: Beginner
編舞者: Marilyn Jackson-Roman
音樂: Black Horse And The Cherry Tree - KT Tunstall



CROSSING JAZZ BOXES

- 1 Right foot step in front of left foot
- 2 Left foot step back
- 3 Right foot step to right beside left
- 4 Left foot step beside right
- 5-8 Repeat

CROSSING CHASSE, PIVOT TURNS

- 1 Right foot cross step in front of left
- & Left foot step to left
- 2 Right foot step to left (still crossed in front of left)
- & Left foot step to left
- 3 Right foot step to left (still crossed in front of left)
- & Left foot step to left
- 4 Right foot step to left (still crossed in front of left)
- 5 Left foot step forward
- 6 Pivot ½ turn to right
- 7 Left foot step forward
- 8 Pivot ½ turn to right

CROSSING JAZZ BOXES

- 1 Left foot step in front of right foot
- 2 Step back right foot
- 3 Left foot step to left beside right
- 4 Right foot step beside left
- 5-8 Repeat

CROSSING CHASSE, PIVOT TURNS

- 1 Left foot cross step in front of right
- & Right foot step to right
- 2 Left foot step to right (still crossed in front of right)
- & Right foot step to right
- 3 Left foot step to right (still crossed in front of right)
- & Right foot step to right
- 4 Left foot step to right (still crossed in front of right)
- 5 Right foot step forward
- 6 Pivot ½ turn to left
- 7 Right foot step forward
- 8 Pivot ½ turn to left

VINES RIGHT ENDING WITH TRIPLE RIGHT

- 1 Right foot step right
- 2 Left foot step behind to right
- 3 Right foot step right
- 4 Left foot step behind to right
- 5 Right foot step right

- 6 Left foot step behind to right
7&8 Right foot step right, left foot step beside right, right foot step right

VINE LEFT ENDING WITH TRIPLE LEFT

- 1 Left foot step left
2 Right foot step behind to left
3 Left foot step left
4 Right foot step behind to left
5 Left foot step left
6 Right foot step behind to left
7&8 Left foot step left, right foot step beside left, left foot step left

CHA-CHA FORWARD, CHA-CHA BACKWARD

- 1-2 Right foot step forward with slight flex to the right knee, rock back onto left foot
3&4 Right foot step back, left foot step back, right foot step back
5-6 Left foot step backward with slight flex to the left knee, rock forward onto right foot
7&8 Left foot step forward, right foot step forward, left foot step forward

TRIPLE RIGHT, BACK ROCK, TRIPLE LEFT, BACK ROCK

- 1&2 Right foot step right, left foot step beside right, right foot step right
3 Left foot - step behind right foot
4 Rock weight onto right foot
5&6 Left foot step left, right foot step beside left, left foot step left
7 Right foot - step behind left foot
8 Rock weight onto left foot

TOE STRUTS FORWARD

- 1 Step right toe forward, while pushing right hip slightly forward
2 Drop right heel to floor
3 Step left toe forward, while pushing left hip slightly forward
4 Drop left heel to floor
5-8 Repeat

TOE STRUTS BACKWARD

- 1 Step right toe backward, while pushing right hip slightly backward
2 Drop right heel to floor
3 Step left toe backward, while pushing left hip slightly backward
4 Drop left heel to floor
5-8 Repeat

TOE STRUTS FORWARD & BACK

- 1 Step right toe forward, while pushing right hip slightly forward
2 Drop right heel to floor
3 Step left toe forward, while pushing left hip slightly forward
4 Drop left heel to floor
5 Step right toe backward, while pushing right hip slightly backward
6 Drop right heel to floor
7 Step left toe backward, while pushing left hip slightly backward
8 Drop left heel to floor

HEEL HOOKS WITH TURNS

- 1 Touch right heel forward
2 Hook in front of left knee
3 Kick right foot forward while making $\frac{1}{4}$ turn left (on ball of left foot)

- 4 Stomp right foot beside left foot
- 5 Touch left heel forward
- 6 Hook in front of right knee
- 7 Kick left foot forward while making $\frac{1}{4}$ turn left (on ball of right foot)
- 8 Stomp left foot beside right foot

HEEL FORWARD, RETURN, FORWARD, RETURN, FORWARD, TOUCH

- 1 Touch right heel forward
- 2 Right foot step beside left foot
- 3 Touch left heel forward
- 4 Left foot step beside right foot
- 5 Touch right heel forward
- 6 Touch right foot beside left foot

REPEAT
