

One In A Row

拍數: 32 牆數: 2 級數: Improver
編舞者: Peter Blaskowski (USA)
音樂: One In a Row - Trick Pony



HEEL, TOE, ½ TURN, CHA-CHA FORWARD

- 1-2 Touch right heel forward, touch right toe behind
- 3-4 Step right foot forward, pivot ½ turn left ending with weight on left foot
- 5& Step right foot forward, step left foot behind right foot
- 6&7& Repeat 5& twice
- 8 Step right foot forward

CHA-CHA BASIC, ¼ TURN, ROCK STEP, COASTER STEP

- 1-2-3 Step left foot to left side, rock right foot back behind left foot, rock left foot forward
- 4& Step right foot to right side, step left foot next to right foot
- 5 Step right foot to right side turning ¼ turn to the right
- 6-7 Rock left foot forward, recover weight to right foot
- 8&1 Step left foot back, step right foot next to left foot, step left foot forward

TOUCH, HOOK, SHUFFLE SIDE RIGHT, ROCK, STEP, SHUFFLE TURN

- 2-3 Touch right toe to right side, hitch right knee across in front of body
- 4&5 Step right foot to right side, step left foot beside right foot, step right foot to right side
- 6-7 Rock left foot in front of right foot, recover weight onto right foot
- 8&1 Step left foot to left side, step right foot beside left foot, turn ¼ to the left and step left foot forward

KICK-BALL-STEP, KICK-BALL-STEP, CHA-CHA FORWARD

- 2&3 Kick right foot forward, step ball of right foot next to left heel, step forward on left foot
- 4& Kick right foot forward, step ball of right foot next to left heel
- 5& Step left foot forward, step right foot behind left foot
- 6&7& Repeat 5& twice
- 8 Step left foot forward

REPEAT

FINISH

If you start with the lyrics, you will end the dance with the cha-cha forward on counts 5-8. The music changes to "Tequila" by The Champs. Finish with 4 quick walks forward on counts 1&2&, then throw your hands in the air and shout "Tequila". (This ending was borrowed from Margarita Man by Jamie Marshall.)