One Thing Leads To Another

級數: Improver

編舞者: Mikael Mölsä (FIN)

拍數: 32

音樂: One Thing Leads to Another - Vanessa Amorosi

STEPS FORWARD, KICK FORWARD, STEPS BACK, CLAP TWICE

- 1-2 Step right foot forward, step left foot forward
- 3-4 Step right foot forward, kick left foot forward
- 5-6 Step left foot back, step right foot back
- 7-8 Step left foot back, touch right foot next to left and clap hands twice

STEP, HEEL, TOE, HEEL, TOE TWICE

- 1-2 Step right forward, bring left heel towards right foot
- 3-4 Bring left toe towards right foot, bring left heel towards right foot (weight stays on the right)
- 5-6 Step left forward, bring right heel towards left foot
- 7-8 Bring right toe towards left foot, bring right heel towards left foot (weight ends up on left)

ROCK STEP, ¼ RIGHT TURNING SAILOR STEP, KICK BALL STEP, SKATES

- 1-2 Rock forward on right, recover weight on left
- 3&4 Step right behind left and turn 1/8 to right, step left next to right and turn another 1/8 to right, step right diagonal
- 5&6 Kick left foot forward, step left next to right, step right forward
- 7-8 Skate forward left, skate forward right

ROCK STEP, COASTER STEP, ¼ PIVOTS

- 1-2 Rock forward on left, recover weight on right
- 3&4 Step left back, step right together, step left foot forward
- 5-6 Step right forward, turn ¼ to left
- 7-8 Step right forward, turn ¼ to left (weight ends up on left)

REPEAT

RESTART

(Optional) the dance works well also without the restart. On the wall 10 (when facing 9:00), dance only the first 12 counts. On count 12, step onto the left foot





牆數:4