

Swivelfeet Linedancers Hälsinglands gladaste Linedancers

Besök alltid vår hemsida

www.swivelfeet.se

One dance

4Wall Line Dance: 48 counts, Improver level

Choreographed by: Ingvar Härén (SWE), with help from Linkan. October 2010.

Choreographed to: One dance, one rose, one kiss by The Refreshments

Music suggestion: Monday morning by Melanie Fiona

Start dancing on lyrics



Actual footwork

Section 1 R Wine, Touch, Step/Touch X 2

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|-------|--|
| 1 - 2 | Step right to right side, step left behind right |
| 3 - 4 | Step right to right side, touch left behind right |
| 5 - 6 | Step left to left side, touch right behind left |
| 7 - 8 | Step right to right side, touch left behind right. |

Section 2 L Wine, Touch, Step/Touch X 2

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|-------|---|
| 1 - 2 | Step left to left side, step right behind left |
| 3 - 4 | Step left to left side, touch right behind left |
| 5 - 6 | Step right to right side, touch left behind right |
| 7 - 8 | Step left to left side, touch right behind left |

Section 3 L Lockstep Back, Kick, R Lockstep Back, Kick

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|-------|---|
| 1 - 2 | Step right diagonally back, cross left over right |
| 3 - 4 | Step right diagonally back, kick left forward |
| 5 - 6 | Step left diagonally back, cross right over left |
| 7 - 8 | Step left diagonally back, kick right forward |

RESTART 6th wall: Dance up to here then restart (3 o'clock)

Section 4 R Coaster step, Step Back, L Cross Shuffle, Step Turn X 3, Rock

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|---------|---|
| 1 & 2 & | Step right back, step left together, step right forward, step back on right |
| 3 & 4 | Cross left over right, step right to right side, cross left over right |
| 5 - 6 | Step right back with a ¼ turn left, step left forward with a 1/2 turn left |
| 7 - 8 | Rock right to right side with a ¼ turn left, recover on left |

Section 5 R/L Coaster step, R Cross Shuffle, Step Turn X 2, Rock

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|-------|--|
| 1 & 2 | Step right back, step left together, step right forward |
| 3 & 4 | Step left back, step right together, step left forward |
| 5 & 6 | Cross right over left, step left to left side, cross right over left |
| 7 - 8 | Step left back with a ¼ turn right, step right forward with a 1/2 turn right |

Section 6 Rock With A ¼ Turn L, L Coaster step, Step Turn X 2

- | | |
|-------|--|
| 1 - 2 | Rock left to left side with a ¼ turn right, recover on right |
| 3 & 4 | Step left back, step right together, step left forward |
| 5 - 6 | Step right forward with a ½ turn right |
| 7 - 8 | Step right forward with a ¼ turn right, step right together |