One Last Time



Count: 32 Wall: 4 Level: Beginner

Choreographer: Mary Pentangelo (USA) - March 2025

Music: One Last Time - Ariana Grande



#16-count intro...

[1-8] RF Rocking Chair, RF Side Point and Flick Behind, RF Step Side, LF Cross Behind RF

1-4 RF rock fwd, recover LF, RF rock back, recover LF

5-8 RF step side, RF flick behind to left, RF step side, LF cross behind RF

[9-16] RF 1/2 Turn with L Knee Hitch, LF Step Side, RF Cross Behind LF, RF step touch, LF step touch

1-2 RF flips for ½ turn over right should with the L knee coming up for hitch

3-4 LF step side, RF cross behind LF

5-8 LF step side, RF tap next to LF, RF step side, LF tap next to RF

[17-24] LF Step Sweep, RF Step Sweep, LF Rock Recover, LF Step Back, RF Hook

1-4 LF step fwd, RF sweep around from side to front, RF step fwd, LF sweep around from side to

front

5-8 LF rock fwd, recover RF, LF step back, RF hook in front of L

[25-32] RF Step Side 1/4 Turn and Tap, LF Side Shuffle, Heel Switches, Toe Switches

1-2 RF steps to side making a ¼ over left shoulder, LF taps next to RF

3-4 LF steps side, RF steps next to LF, LF steps side

5&6& RF heel tap front, RF replace next to LF, LF heel tap front, LF replace next to RF RF toe tap front, RF replace next to LF, LF toe tap front, LF replace next to RF

Restart the dance

Thank you for checking out my dance! www.heartandsoullinedance.com