

One Last Time

Compte: 64

Mur: 4

Niveau: Intermediate

Chorégraphe: Rob Fowler (ES) - September 2014

Musique: One Last Time - Ariana Grande



Intro on vocals approx.. 9 secs.

Syncopated heel grinds, Heeljack and sweep

- 1,2& Rock fwd on right heel turning right toe from in to out, step back right
- 3,4& Rock fwd on left heel turning left toe from in to out, step back left
- 5&6 Cross right over left, step left to left side, touch right heel to right diagonal
- &7,8 Step right next to left, Cross left over right, sweep right in front of left (no Weight)

Right cross touch left, cross ¼ turn, shuffle back left, rock step back

- 1,2 Cross right foot over left foot, touch left toe to left side
- 3, 4 Cross left over right, make ¼ turn to left stepping back onto right foot
- 5&6 Shuffle back left (LRL)
- 7,8 Rock back right, recover forward left

Two half turns forward, right shuffle forward, left rock step recover, jump back left right, hold

- 1,2 Make ½ turn left stepping back on right, make ½ turn left stepping forward on left
- 3&4 Shuffle forward right (RLR)
- 5,6 Rock forward on left, recover back on right
- &7,8 Jump back left, step right to right side, hold

Syncopated rock steps, rolling turn right, hold

- 1,2,& Rock left over right, recover back onto right, step left to left side
- 3,4 Rock right over left, recover back on right
- 5,6 Make ¼ turn to right stepping forward on right, ½ turn to right stepping back on left
- 7,8 Make ¼ turn to right stepping right to right side, hold

½ turn syncopated Monterey, cross ½ turn chase left

- &1,2 Step left next to right, rock right to right side, recover to left
- &3,4 Make ½ turn to right stepping right next to left, rock left to left side, recover to right
- 5,6 Cross left over right, step right to right side
- 7&8 Make ½ turn to left, chase left

Sailor step right, sailor step left, two half pivot turns

- 1&2 Right sailor step (RLR)
- 3&4 Left sailor step (LRL)
- 5,6 Step forward right half pivot left
- 7,8 Step forward right half pivot left

Right kick ball change, right Dorothy step, Left kick ball change, Diagonal step left, touch right

- 1&2 Right kick ball change
- 3,4& Step right to right diagonal, lock left behind right, step right to right diagonal
- 5&6 Left kick ball change
- 7,8 Step left to left diagonal, touch right behind left

Shuffle back right, shuffle back left, full walk around turn

- 1&2 Shuffle back right (slightly angle body right)
- 3&4 Shuffle back left (slightly angle body left)

5,6 Make ½ turn right stepping fwd right, step fwd left
7,8 Make ½ turn right stepping fwd right, step fwd left

END OF DANCE
