

One Shot

Compte: 32

Mur: 4

Niveau: High Improver

Chorégraphe: Stephen Pistoia (USA) - August 2018

Musique: One Shot - Hunter Hayes : (iTunes)



One Restart on wall 3 after 16 cts

SAILOR ¼ RT, PIVOT RT ¼, CROSS LOCK STEP, ½ TURN LT

- 1&2 step RF behind LF making ¼ turn RT – step LF next to RF – step RF forward (3:00)
3-4 step LF forward – pivot ¼ turn RT taking weight on RF (6:00)
5&6 cross LF over RF – lock RF next to LF – step LF out to RT
7&8 step RF out to RT making ¼ turn LT – step LF out to LT making a ¼ turn LT (12:00)

CROSS LOCK STEP, SIDE ROCK CROSS, POINT RT LT RT HOLD CLAP X 2

- 1&2 cross RF over LF – lock LF up behind RF – step RF out to LT
3&4 step LF out to LT – recover RF – cross LF over RF
5&6& point RF out to RT – step RF next to LF – point LF out to LT – step LF next to RF
7-8 point RF out to RT – hold clap! clap! (12:00)

POINT LF RF LEFT HEEL FORWARD CLAP X 2, WALK WALK ROCK RECOVER

- &1&2 step RF next to LF – point LF out to LT – step LF next to RF – point RF out to RT
3&4 step RF next to LF – point LT heel forward – hold clap clap
&5-6 step LF next to RF – walk RF forward – LF forward
7-8 rock RF forward – recover LF (12:00)

FULL TURN, COASTER STEP, ¼ TURN RT PONY, WALK RT WALK LT

- 1-2 making ½ turn RT pivoting on LF step RF forward (6:00) – making ½ turn RT pivoting on RF step LF backwards (12:00)
3&4 step RF back – step LF next to RF – step LF forward
5&6 hop forward on LF making ¼ turn rt – touch RF next to L F- hold for 6
7-8 walk RF walk LF

Dance rotates clockwise - Any questions: pistoias@gmail.com

Check out our facebook page the Dance Bullies thanks!