

One Last Time

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: High Improver
编舞者: Nathan Gardiner (SCO) - March 2015
音乐: One Last Time - Ariana Grande



Intro: Start on vocals approx 8 counts - No Tags Or Restarts

S1: WALK, WALK, SHUFFLE FORWARD, ROCK FORWARD, RECOVER, FULL TURN BACKWARDS LEFT

1-2 Walk forward on right, Walk forward on left
3&4 Step forward on right, Step left next to right, Step forward on right
5-6 Rock forward on left, Recover on right
7-8 Turn 1/2 left stepping forward on left, Turn 1/2 left stepping back on right

S2: COASTER STEP, WALK, WALK, CROSS SAMBA, CROSS SAMBA

1&2 Step back on left, Step right next to left, Step forward on left
3-4 Walk forward on right, Walk forward on left
5&6 Cross step right over left, Rock out slightly to left side, Slightly step forward on right
7&8 Cross step left over right, Rock out slightly to right side, Slightly step forward on left

S3: STEP 1/4 LEFT, CROSS SHUFFLE, TURN 1/4 RIGHT X2, CROSS ROCK, SIDE

1-2 Step forward on right, Turn 1/4 left
3&4 Cross step right over left, Step left to left side, Cross step right over left
5-6 Turn 1/4 right stepping back on left, Turn 1/4 right stepping right to right side
7&8 Cross rock left over right, Recover on right, Step left to left side

S4: TOUCH ACROSS, POINT, SAILOR STEP, TOUCH ACROSS, POINT, SAILOR 1/4 LEFT

1-2 Touch right toes across left, Point right toes to right side
3&4 Step right behind left, Step left to left side, Step right to right side
5-6 Touch left toes across right, Point left toes to left side
7&8 Step left behind right, Turn 1/4 left stepping right to right side, Step left to left side

S5: ROCK FORWARD, RECOVER, &, WALK, WALK, COASTER STEP, TURN 1/4 LEFT

1-2 Rock forward on right, Recover on left
&3-4 Step back on right, Walk back on left, Walk back on right
5&6 Step back on left, Step right next to left, Step forward on left
7-8 Step forward on right, Turn 1/4 left

S6: CROSS, SIDE, SAILOR HEEL, &, CROSS, SIDE, SAILOR HEEL

1-2 Cross step right over left, Step left to left side
3&4 Step right behind left, Step left to left side, Touch right heel on right diagonal
&5-6 Step right next to left, Cross step left over right, Step right to right side
7&8 Step left behind right, Step right to right side, Touch left heel to left diagonal

S7: &, CROSS, SIDE, SAILOR 1/2 CROSS, SIDE, ROCK, RECOVER, TOGETHER, SIDE ROCK, RECOVER

&1-2 Step left next to right, Cross step right over left, Step left to left side
3&4 Step right behind left, Turn 1/2 right stepping left to left side, Cross step right over left
5-6 Rock out to left side, Recover on right
&7-8 Step left next to right, Rock out to right side, Recover on left

S8: SAILOR 1/4 RIGHT, WALK, WALK, STEP LOCK, LEFT LOCK STEP

1&2 Step right behind left, Turn 1/4 right stepping left to left side, Step right to right side
3-4 Step forward on left, Turn 1/2 right

5-6 Step forward on left, Lock right behind left
7&8 Step forward on left, Lock right behind left, Step forward on left

Start Again.....Happy Dancing

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