

Rien Qu'une Fois (Just A Time)

COPPER **KNOB**
BY STEPHEN

拍数: 32 墙数: 4 级数: Novice - Non-Country
编舞者: Fabien REGOLI (FR) - January 2016
音乐: Rien qu'une fois - Keen'V : (Album: Just a time)



SECTION 1: R fwd Mambo, Mambo back L, R side cross Mambo, Mambo The side cross

- 1 & 2. RF to take support, back support LF, bear right behind
- 3 & 4. Left behind to rest, recover RF support, step forward to build
- 5 & 6. RF right side to rest, back support LF, cross right over left to rest
- 7 & 8. RF left side to rest, recover LF support, cross left over right to build

SECTION 2: Triple step side R, Triple step ¼ turn L, Triple step ¼ turn R, Triple step ¼ turn L

- 1 & 2. Shuffle right (R, L, R)
- 3 & 4. Shuffle left ¼ turn left (L,R,L)
- 5 & 6. Shuffle right ¼ turn to the right (R, L, R)
- 7 & 8. Shuffle left ¼ turn left (L,R,L)

SECTION 3: Kick ball tip L, Kick ball tip R, Cross R side hell, hell L side Cross

- 1 & 2. RF kick, Ball right, point left left
- 3 & 4. Kick LF, LF Ball, point right right
- 5 & 6 & Crusader right over left, left uncrossed, right heel to right and back right support
- & 7 & 8 Crusader left over right, uncrossed right, left heel to the left and back left support

SECTION 4: fwd box Rumba, Rumba box back, Triple step back, step Coaster

- 1 & 2. Right to right, step left beside right, Step forward
- 3 & 4. Left to left, step right beside left, step back
- 5 & 6. Shuffle back (R, L, R)
- 7 & 8 Step back, step right beside left, step forward

KEEP SMILING AGAIN AND DANCE

THE WANTED COUNTRY DANCE
Mail: thewantedcountrydance@sfr.fr