One Life, One Love

级数: Improver

编舞者: Guillaume Richard (FR) - January 2017

音乐: Don't Let This Feeling Fade by Lindsey Stirling

Start of the dance : After 16 counts

拍数: 32

[1-8] : STEP & HEEL FANS X2 - STEP ½ TURN - COASTER STEP

- 1&2& Step RF forward Spread heels outside Back with the heels in Step RF next to LF
- 3&4& Step LF forward Spread heels outside Back with the heels in Step LF next to RF
- 5-6 Step RF forward Making ¹/₂ turn L and keep weight on RF
- 7&8 Step LF backward Step RF next to LF Step LF forward

[9-16] : SCUFF - STEP - WEAVE - SWIVEL WITH ARMS MOVEMENT

- 1-2 Scuff RF Step RF to R (make a ³/₄ circle with your arms by L side and finish with arms at shoulders height)
- 3&4 Cross LF behind RF Step RF to R Cross LF over RF (keep your arms as count 2)
- 5&6 Step RF to R with R toe in R toe out (arms as count 2) Keep arms parallel pushing them down and turn your face down with
- 7&8 R toe in R heel in (keep arms as count 6) R toe back in the middle (Lay hands on top of each other at shoulder height)

[17-24] : CROSS – SIDE – WEAVE – TRIPLE FULL TURN – PONY STEPS BACK

- 1-2 Cross RF over LF Step LF to L
- 3&4 Cross RF behind LF Step LF to L Cross RF over LF
- 5&6 Making ½ turn L stepping LF forward Step RF next to LF Making ½ turn L stepping LF forward (full turn on site)
- 7&8 Step RF backward and hitch L knee Step LF next to RF Step RF backward and hitch L knee

[25-32] : Coaster Step – Scoot – Scuff & Touch – Rock Back

- 1&2 Step LF backward Step RF next to LF Step LF forward
- 3&4 Scuff RF Hitch R knee (with a little jump) –Step RF forward
- 5&6 Scuff LF Step LF forward Touch R toe behind LF
- 7-8 Put weight on RF (Put your hands on top of each other at shoulder height and look back in the same time) Recover on LF

TAG : At wall 6, do the next 8 counts following the beat of the music

- 1-2-3&4 Stomp RF Clap your hands Stomp LF Clap your hands Clap your hands
- 5-8 Repeat the first 4 counts





墙数:2