

One Last Love

拍数: 32 墙数: 4 级数: Improver
编舞者: Steve Rutter (UK) & Jef Camps (BEL) - August 2017
音乐: One Last Time - Ariana Grande : (Album: My Everything, Deluxe or Single)



(16 Count Intro' – 8 Secs).

Section 1 – Step Forward, Left Lock Step, Forward Rock, Walk Back, Toe Touch.

- 1 Step forward on right.
- 2&3 Step forward on Left, lock right behind left, step forward on left.
- 4-5 Rock forward on right, recover weight onto left.
- 6-7 Step back on right, step back on left
- 8 Touch right toe to right side (12 o'clock)

Section 2 – Cross, Hold (With Finger Snaps), Side Step, Toe Touch, Hold (With Finger Snaps), Ball Cross, ½ Hinge Turn Left, Cross.

- 1-2 Cross right over left, Hold and snap fingers on both hands at chest height.
- &3 Step left a small step to left side, touch right toe beside left.
- 4 Hold and snap fingers on both hands at chest height.
- &5 Step weight down onto right, cross left over right
- 6-7 Make a quarter turn left stepping back on right, make a quarter turn left stepping left to left side
- 8 Cross right over left (6 o'clock)

Section 3 – Side Rock, Crossing Shuffle, Side Rock, Cross Behind, ¼ Turn Left.

- 1-2 Rock left to left side, recover weight onto right.
- 3&4 Cross left over right, step right to right side, cross left over right.
- 5-6 Rock right to right side, recover weight onto left.
- 7-8 Cross right behind left, make a quarter turn left stepping forward on left (3 o'clock)

Section 4 – Forward Rock, Step Back (Opening Body Out), Toe Touch, Heel Grind, Coaster Step.

- 1-2 Rock forward on right, recover weight onto left
- 3-4 Step back on right opening body out to right diagonal (right foot will be stepped back with toes facing right diagonal), touch left toe beside right (bending left knee slightly)
- 5-6 Grind left heel forward (taking weight), replace weight onto right.
- 7&8 Step back on left, close right beside left, step forward on left.

Ending: On The Last Step Of The Dance (Coaster Step) when the music finishes take both hands together at chest height and make a heart shape, sending One Last Love to the people sadly affected in the terrorist attacks at Ariana's Concert in Manchester, England (May 2017)

Enjoy!

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