

One Shot At A Time

拍数: 32 墙数: 4 级数: High Improver
编舞者: Mark Paulino (USA) - October 2018
音乐: One Shot - Hunter Hayes
或: Good Time for a Good Time - Josh Logan



Intro- 16 Count

[1-8] SIDE HOP, SHOULDER SHAKE, SIDE HOP, SHOULDER SHAKE, HEEL JACK X2

1,2 Right side hop, shoulders shake
3,4 Left side hop, shoulders shake
&5&6 Step diagonally back right foot, touch left heel diagonally forward left, step left into center, step right foot beside left foot.
&7&8 Step diagonally back left foot, touch right heel diagonally forward right, step right into center, step left foot beside right foot.

[9-16] ¼ PIVOT TURN SIDE STOMP, CLAP, ½ PIVOT TURN SIDE STOMP, CLAP X2, TOGETHER, LEFT SIDE KICK, BEHIND, SIDE, CROSS

1,2 Pivot ¼ counter clockwise with a right side stomp, clap
3&4 Pivot ½ clockwise with a left side stomp, clap twice
5,6 Right stomp beside left, left side kick
7&8 Left cross behind right, right side step, left cross step over right

[17-24] SIDE TOUCH & SIDE TOUCH, COASTER STEP, KICK BALL CHANGE, WALK X2

1&2 Right side touch, right step next to left, left side touch
3&4 Left steps back, right steps beside left, left step forward
5&6 Right kick forward, right ball touch beside left, left steps beside right
7,8 Right step forward, left step forward

[25-32] CHASE TURN STOMP, RUN RUN RUN, SIDE ROCK RECOVER CROSS X2

1&2 Step right forward, pivot ½ turn left, right stomp forward
3&4 Left stomp forward, right stomp forward, left stomp forward
5&6 Right side rock, recover on left foot, right cross step over left
7&8 Left side rock, recover on right foot, left cross step over right

Restart: 4th wall 16-count, restart looking on back wall.

ALTERNATIVE SONG WITH NO RESTARTS: Josh Logan - Good Time For A Good Time

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Last Update: 3 Jan 2023