One Life

拍数: 48 **墙数:** 4 **级数:**
编舞者: Gordon Elliott (AUS) & Linda Pink (AUS) - March 2019
音乐: One Life - Helena Paparizou : (Album: One Life)

Original Position: Feet Together Weight On The Left Foot.

This dance is done in FOUR directions. Introduction: 8 Beats

SAILOR STEP, SAILOR STEP, COASTER STEP, PIVOT TURN

1 & 2	Sailor: Step R Behind Left, Step L To The Side, Step R To The Side,
3 & 4	Sailor: Step L Behind Right, Step R To The Side, Step L To The Side,
5 & 6	Coaster: Step R Back, Step L Together, Step R Forward,
7, 8	Pivot: Step L Forward, Turn 180° Right Take Weight Onto R. (6.00)

ROLL FORWARD, MAMBO FORWARD, SWEEP, SWEEP, BACK, ROCK

1, 2	Turn 180° Right Step L Back, Turn 180° Right Step R Forward,
3 & 4	Mambo: Step L Forward, Rock Back Onto R, Step L Back,
5, 6	Sweep To Step R Back, Sweep To Step L Back,
7, 8	Step R Back, Rock Forward On to L. (6.00)

1/2 BACK-1/4 SIDE-ACROSS, SIDE-ROCK-ACROSS, SIDE SHUFFLE, BEHIND, 1/2 UNWIND

1 &	Turn 180° Left Step R Back, Turn 90° Left Step L To The Side,
2	Step R Across In Front Of Left,
3 & 4	Step L To The Side, Side Rock Onto R, Step L Across In Front Of Right,
5 & 6	Side Shuffle To The Right Step : R-L-R,
7, 8	Touch L Toe Behind Right, Unwind Turning 180°Left Take Weight On L.(3.00)

ACROSS, ROCK & ACROSS, 1/4 BACK, 1/2 FORWARD, ROCK, COASTER CROSS

1, 2 &	Step R Across In Front Of Left, Rock Onto L, Step R Together,
3, 4	Step L Across In Front Of Right, Turn 90° Left Step R Back,
5, 6	Turn 180° Left Step L Forward, Rock Back Onto R,
7, 8	## Coaster:Step L Back, Step R Together, Step L Across In Front Of R. (6.00)

1/4 FORWARD, 1/2 BACK, 1/2 SHUFFLE FORWARD, PADDLE TURN, ACROSS-1/4 BACK-1/2 FORWARD

1, 2	Turn 90° Right Step R Forward, Turn 180° Right Step L Back,
3 & 4	Turn 180° Right Shuffle Forward Step : R-L-R,
5, 6	Paddle : Step L Forward, Turn 90° Right Take Weight Onto R,
7	Step L Across In Front Of Right,
& 8	Turn 90° Left Step R Back, Turn 180° Left Step L Forward. (3.00)

FORWARD, TOUCH & CLICK, FORWARD, TOUCH & CLICK, BACK (Option : Full Turn Monterey), TOUCH & CLICK, BACK, TOUCH & CLICK

1, 2	Step R Forward, Touch L Toe To The Side & Click Fingers,
3, 4	Step L Forward, Touch R Toe To The Side & Click Fingers,
5, 6	Step R Back (Option : Turn 360° Right Step R Together), Touch L Toe The Side,
7, 8	Step L Back, Touch R Toe To The Side. (3.00)

[48] REPEAT THE DANCE IN NEW DIRECTION

Restart : On Wall 5 Dance To Beat 32 (##) Add The Following & Restart To Back.

1, 2	Step R To The Side, Touch L Toe Together,
3, 4	Step L To The Side, Kick R To The Side.