

One Shot

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Liz Gardiner (AUS) - August 2019
音乐: One Shot - Hunter Hayes : (Album: Wild Blue, Pt 1 - 2:31)



Start after 16 counts on vocals, weight on left. Direction: CCW

No Tags Or Restarts.

S1:, DOROTHY R, DOROTHY L, FWD R, 1/ 2 PIVOT L, TOGETHER, RAISE BOTH HEELS, DROP,

1, 2, &, Step R forward on R diagonal, Lock step L behind R, Step R forward on R diagonal,
3, 4, &, Step L forward on L diagonal, Lock step R behind L, Step L forward on L diagonal,
5, 6, &, Step R forward, 1/2 pivot L, Step R together,
7, 8, Raise both heels weight on toes, Drop heels, (6:00),

S2:, SIDE, TOGETHER, SIDE SHUFFLE WITH 1/4 L, ROCK, RECOVER, TRIPLE STEP TURNING OVER R,

1, 2, Step L to L side, Step R beside L,
3, &, 4, Step L to L side, Step R beside L, Turn 1/4 L stepping L forward, (3:00),
5, 6, 7, &, 8, Rock R forward, Recover L, Turn a full turn over R as a triple step R, L, R, or Step R back,
Step L beside R, Step R forward, (R coaster step),

S3:, ROCK, RECOVER, 1/2 SHUFFLE L, 1/2 SHUFFLE L, 1/2 SHUFFLE L,

1, 2, Rock L forward, Recover R,
3, &, 4, Step L forward while turning 1/4 L, Step R beside L, Step L forward while turning 1/4 L,
(9:00),
5, &, 6, Step R forward while turning 1/4 L, Step L beside R, Step R back while turning 1/4 L, (3:00),
7, &, 8, Step L forward while turning 1/4 L, Step R beside L, Step L forward while turning 1/4 L,
(9:00),

S4:, STEP R FWD, 1/4 L PIVOT, R KICK BALL CHANGE, TURNING 1/4 R V STEP,

1, 2, 3, &, 4, Step R forward, 1/4 L pivot, R kick ball change, (6:00),
5, 6, Step R forward on R diagonal, Step L forward on L diagonal,
7, 8, Turn 1/4 R stepping R to R side, Step L beside R, (9:00),

The Dance finishes on wall 9. Dance up to count 12. You will be facing 3:00. To finish the dance, turn the triple step to the front and step L to L side. 12:00.

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Latest Update – 24th August 2019