

Once More

拍数: 32 墙数: 4 级数: Improver
编舞者: Eun Hee Yoon (KOR) - October 2020
音乐: Yesterday once more - Simon Wong



Intro: 32 counts

Sec. 1) L Weave, L Cross Rock, L Side, R Cross

1-4 LF cross over RF (1), RF to R side (2), LF behind RF (3), RF to R side (4)
5-8 Rock LF cross over RF (5), Recover on RF (6), LF to L side (7), RF cross over LF (8)

Sec. 2) L Chasse, R Back Rock, R Chasse, 1/4L L Chasse

1&2 LF to L side (1), RF next to LF (&), LF to L side (2)
3-4 Rock RF back (3), Recover on LF (4)
5&6 RF to R side (5), LF next to RF (&), RF to R side (6)
7&8 1/4L LF to L side (7), RF next to LF (&), LF to L side (8) (9:00)

Sec. 3) R Cross, L Point, L Cross, R Point, R Back Cross, L Point, L Back Cross, R Point

1-4 RF cross over LF (1), Touch LF to L side (2), LF cross over RF (3), Touch RF to R side (4)
5-8 RF cross back LF (5), Touch LF to L side (6), LF cross back RF (7), Touch RF to R side (8)

Sec. 4) Hip Circle (L to R), LF Toe Touch, Hip Circle (R to L), RF Toe Touch, [Bend the Knees with Hip Circle (L to R), Straighten the Knees] x 2

1-4 Hip Circle from L to R (1), Touch LF toe to L side (2), Hip Circle from R to L (3), Touch RF toe to R side (4)
5-8 Bend down the knees with Hip Circle from L to R (5), Straighten the knees (6) Bend down the knees with Hip Circle from L to R (7), Straighten the knees, touch LF (8)

*(Step Change) :

*5wall, 8 counts : 12:00 Restart

*10 wall, 8 counts: 12:00 Restart

(L Weave, L Cross Rock, L Side, R Rock Side)

1-4 LF cross over RF (1), RF to R side (2), LF behind RF (3), RF to R side (4)
5-8 Rock LF cross over RF (5), Recover on RF (6), LF to L side (7), Rock RF to R side (8)

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