One More Shot



拍数: 48 墙数: 4 级数: Easy Intermediate

编舞者: Diana Dawson (UK) - October 2007

音乐: Tequila - Brooks & Dunn: (CD: Cowboy Town)



Intro – Tap right heel in time with the chant – ONE MORE SHOT, ONE MORE SHOT.......

Music intro - 32 counts – start dance on vocals

CCW direction

Section 1 - WEAVE RIGHT 1/2 TURN, RAMBLE LEFT

1-2 Step right to right side, step left behind right

3-4 Make 1/2 turn right on right foot, step left next to right [6:00]

5-6-7-8 Twist heels to left, twist toes to left, twist heels to left, hold/clap hands

Section 2 - MONTEREY 1/2 TURN, HEEL SWITCHES

1-2 Point right out to right side. On ball of left make ½ turn right stepping right beside left [12:00]

3-4 Point left out to left side. Step left next to right

Dig right heel forward, step right foot back in place, dig left heel forward 87-8 Step left foot back in place, dig right heel forward, hold/clap hands

Section 3 - SHIMMY RIGHT, CROSS, 3/4 UNWIND, HOLD

1-2-3 Long step to right side, sliding left up to right (over 2 counts), shimmying shoulders

4 Step left next to right (taking weight)

5 Cross right over left,

6-7 Unwind 3/4 turn left on the ball of left foot, over 2 counts (weight ending on left) [3:00]

8 Hold

Section 4 - BACK STRUTS, COASTER STEP

Step back on ball of right foot, drop right heel to floor
Step back on ball of left foot, drop left heel to floor
Step back on right foot, step left next to right

7-8 Step forward on right, hold

Section 5 - FULL TURN FORWARD, STEP, HOLD, FORWARD LOCK STEPS,

Make 1/2 turn right on ball of right foot, stepping back on left [9:00]
Make 1/2 turn right on ball of left, stepping forward on right [3:00]

(Easy alternative: 1-2 Step forward on left, lock right up behind left)

3-4 Step forward on left, Hold

5-6-7-8 Step forward on right, lock left up behind right, Step forward on right, hold

Section 6 - STEP, PIVOT ½ TURN, STEP, OUT-OUT, IN-IN

1-2-3-4 Step forward on left foot, pivot 1/2 turn right, step forward on left foot, hold/clap [9:00]

5 Step forward and slightly to right on right foot

6 Step forward and slightly to left on left foot (feet shoulder width apart)

7 Step back and in with right foot

8 Step back and in with left foot (feet together, weight onto left)

Begin Again

Optional ending – dance/song finishes at the end of wall 7 facing 3:00

Make ½ turn left (2 counts) to face front and raise your (imaginary) glass for ONE MORE SHOT - Cheers

