

One More Shot

COPPER KNOB
STEPSHEETS

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
5&6 Dig right heel forward, step right foot back in place, dig left heel forward
&7-8 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

1-2 Step back on ball of right foot, drop right heel to floor
3-4 Step back on ball of left foot, drop left heel to floor
5-6 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,

1 Make 1/2 turn right on ball of right foot, stepping back on left [9:00]
2 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 ¼ turn left (2 counts) to face front and raise your (imaginary) glass for ONE MORE SHOT - Cheers

