

One Last Time

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Rob Fowler (ES) - September 2014
音樂: One Last Time - Ariana Grande



Intro on vocals approx.. 9 secs.

Syncopated heel grinds, Heeljack and sweep

1,2& Rock fwd on right heel turning right toe from in to out, step back right
3,4& Rock fwd on left heel turning left toe from in to out, step back left
5&6 Cross right over left, step left to left side, touch right heel to right diagonal
&7,8 Step right next to left, Cross left over right, sweep right in front of left (no Weight)

Right cross touch left, cross ¼ turn, shuffle back left, rock step back

1,2 Cross right foot over left foot, touch left toe to left side
3, 4 Cross left over right, make ¼ turn to left stepping back onto right foot
5&6 Shuffle back left (LRL)
7,8 Rock back right, recover forward left

Two half turns forward, right shuffle forward, left rock step recover, jump back left right, hold

1,2 Make ½ turn left stepping back on right, make ½ turn left stepping forward on left
3&4 Shuffle forward right (RLR)
5,6 Rock forward on left, recover back on right
&7,8 Jump back left, step right to right side, hold

Syncopated rock steps, rolling turn right, hold

1,2,& Rock left over right, recover back onto right, step left to left side
3,4 Rock right over left, recover back on right
5,6 Make ¼ turn to right stepping forward on right, ½ turn to right stepping back on left
7,8 Make ¼ turn to right stepping right to right side, hold

½ turn syncopated Monterey, cross ½ turn chase left

&1,2 Step left next to right, rock right to right side, recover to left
&3,4 Make ½ turn to right stepping right next to left, rock left to left side, recover to right
5,6 Cross left over right, step right to right side
7&8 Make ½ turn to left, chase left

Sailor step right, sailor step left, two half pivot turns

1&2 Right sailor step (RLR)
3&4 Left sailor step (LRL)
5,6 Step forward right half pivot left
7,8 Step forward right half pivot left

Right kick ball change, right Dorothy step, Left kick ball change, Diagonal step left, touch right

1&2 Right kick ball change
3,4& Step right to right diagonal, lock left behind right, step right to right diagonal
5&6 Left kick ball change
7,8 Step left to left diagonal, touch right behind left

Shuffle back right, shuffle back left, full walk around turn

1&2 Shuffle back right (slightly angle body right)
3&4 Shuffle back left (slightly angle body left)

5,6 Make ½ turn right stepping fwd right, step fwd left
7,8 Make ½ turn right stepping fwd right, step fwd left

END OF DANCE
