

# 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**

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