

Only Once

拍數: 64 牆數: 2 級數: Easy Intermediate
編舞者: Stephan Lawson (FR) - March 2015
音樂: We Live Only Once – Shannon Noll



To Manu
Intro 32 counts

[1-8] HEEL JACK, LEFT ¼ TURN (2x) CROSS AND CROSS

1-2 &3&4 RF to Right side- Cross LF behind RF, RF to right side, Left heel forward, cross RF over LF
5-6 Right ¼ turn (With LF) , right ¼ turn (with RF)
7&8 Right cross and cross with LF

[9-16] STEP FORWARD, HOLD, BALL STEP, TOE (2 times Right and Left)

1-2 RF to right diagonal, Hold
&3-4 Recover LF beside, RF forward, Left toe to Right side behind RF
5- 6 LF to Left diagonal, Hold
&7-8 Recover RF beside, LF forward, Right toe to left side behind LF

[17-24] 1/4 TURN, KICK BALL CHANGE, ½ TURN , KICK BALL CHANGE

1-2 RF forward, left ¼ turn
3&4 Right Kick ball
5-6 RF forward, left ½ turn
7&8 Right kick ball change

[25-32] JAZZBOX ¼ TURN, LEFT FULLTURN, RIGHT SIDE, LEFT RECOVER

1-4 Jazzbox ¼ turn to right
5-6 Left Full turn (RF, LF)
7-8 RF to right side, recover LF beside (weight on LF)

[33-40] STEP TURN, HEELJACK, LEFT ROCK STEP, BACK, FLICK, TOE

1-2 RF forward, left ¼ turn
3&4 Cross RF over LF, LF to left side, Right heel forward
&5-6 Recover RF beside, Left rock step forward
7-8 LF back, Flick back with RF (7) , Right toe to right side (8)

[41-48] RIGHT MONTEREY HALF TURN, LEFT SHUFFLE, RIGHT SIDE HITCH, LEFT SIDE HITCH

1-2 Recover RF beside LF with right ½ turn, Left toe to left side
3&4 Left shuffle forward
5-6 Left ¼ turn (RF to right side) , Hitch Left knee cross over right
7-8 LF to Left, Hitch right knee cross over left

[49-56] RIGHT STOMP- HOLD, LEFT SAILOR STEP (2x)

1-2 Stomp RF to right diagonal, Hold
3&4 Left Sailor step
5-8 Dance again the last four counts

[57-64] STEP TURN, RIGHT KICK BALL CHANGE, LEFT FULL TURN, JUMP TOUCH

1-2 RF forward, left ½ turn
3&4 Right Kick ball
5-6 Left Full turn (RF, LF)
&7&8 Jump to the right with RF, Touch LF beside RF, Jump PG to the left with LF, Touch RF beside LF

ENJOY !!!

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