

We Get One Shot

拍數: 48 牆數: 4 級數: High Improver
編舞者: Daniel Trepát (NL), Rob Fowler (ES) & Darren Bailey (UK) - August 2015
音樂: One Shot - Rob Thomas



Intro: □4 counts from first beat in music (app. 2 sec. into track). Start when he starts singing
Restart: in the 5th & 6th wall after 32 counts

[1 – 8] □ Side, Together, Half Rumba Box, Side, Together, Half Rumba Box □

1 – 2 Step R to R side (1), Step L next to R (2) □12:00
3&4 Step R to R side (3), Step L next to R (&), Step R forward (4) □12:00
5 – 6 Step L to L side (5), Step R next to L (6) □12:00
7&8 Step L to L side (7), Step R next to L (&), Step L backwards (8) □12:00

[9 – 16] □ Coasterstep, Step fwd, ¼ turn L, Side, Sailorstep, Sailor ½ turn R cross □

1&2 Step R backwards (1), Step L next to R (&), Step R forward (2) □12:00
3 – 4 Step L forward (3), ¼ turn L stepping R to R side (4) □9:00
5&6 Cross L behind R (5), Step R on ball to R side (&), Step L to L side (6) □9:00
7&8 Cross R behind L (7), ¼ turn R stepping L back (&), ¼ turn R crossing R over L (8) □3:00

[17 – 24] □ Side with Shimmy, Close, Clap 2x, Side with Shimmy, Close, Clap 2x □

1 – &4 Step L to L side (start shimmy shoulders) (1), Continue Shimmy's (2), Step R next to L & finish shimmy's (3), Clap (&), Clap (4) □3:00
5 – &8 Step R to R side & start shimmy shoulders (5), Continue Shimmy's (6), Step L next to R & finish shimmy's (7), Clap (&), Clap (8) □3:00

[25 – 32] □ Rock & Cross 2x, ¼ Volta turn R, Ball Step □

1&2 Rock R to R side (1), Recover on L (&), Cross R over L (2) □3:00
3&4 Rock L to L side (3), Recover on R (&), Cross L over R (4) □3:00
5&6&7 ¼ turn R stepping R forward (5), Step L on ball next R (&), ¼ turn R crossing R over L (6), Step L on ball next R (&), ¼ turn R crossing R over L (7) □12:00
&8 Rock L to L side on ball (&), Recover on R (8) □12:00

[33 – 40] □ Cross & Rock 2x, Mambo & back, Shuffle back with Knee action □

1&2 Cross L over R (1), Rock R to R side (&), Recover on L (2) □12:00
3&4 Cross R over L (3), Rock L to L side (&), Recover on R (4) □12:00
5&6 Rock L forward (5), Recover on R (&), Step L back (6) □12:00
7&8 Step R back & lift L knee (7), Step L next to R (&), Step R back & lift L knee (8) □12:00

[41 – 48] □ Mambo L & R, ¾ turn L (walking L, R, L, R, L) □

1&2 Step L to L side (1), Recover on R (&), Step L next to R (2) □12:00
3&4 Step R to R side (3), Recover on L (&), Step R next to L (4) □12:00
5 – 8 While doing count 5 to 8 turn ¾ turn L - Walk L (5), Walk R (6), Walk L (7), Walk R (&), Walk L (8) □3:00

In the 5th & 6th Wall you will do a Restart after 32 counts, but count 32 you have to stomp L next to R