

My Last Chance

COPPER KNOB
BY STEPHEN

拍數: 34 牆數: 2 級數: Improver
編舞者: Helen Reeson (AUS) - October 2015
音樂: One More Last Chance - Robert Mizzell



Intro: 32 fast counts

[1-8] R CHARLESTON – SIDE-ROCK-CROSS, SIDE-ROCK-CROSS

1,2,3,4 Sweep/Touch R fwd, Step R back, Sweep/Touch L back, Step L fwd *
5&6,7&8 Rock R side, Recover on L, Cross R over L, Rock L, Recover R, Cross L

[9-16] Diagonal TOE STRUTS (4) – R SIDE-TOG-BACK, SHUFFLE ¼L

1&2&3&4& Travel to R diagonal: Fwd Toe/Heel Struts (R, L, R, L)
5&6,7&8 (Straighten) R side, L beside, R back**, L side, R beside, ¼L step L fwd

[17-24] Fwd TOE STRUTS (4) – R SIDE-TOG-BACK, SHUFFLE ¼L

1&2&3&4& Travel Forward: Toe/Heel Struts (R, L, R, L)
5&6,7&8 R side, L beside, R back, L side, R beside, Turn ¼L step L fwd

[25-32] FWD-TCH-BACK-TCH-COASTER – Repeat

1&2&3&4 R fwd, Tch L beside, L back, Tch R beside, R Coaster step
5&6&7&8 L fwd, Tch R beside, R back, Tch L beside, L Coaster step

[33-34] Quick ROCKING CHAIR

1&2& Rock fwd R, Recover back on L, Rock back on L, Recover fwd onto L

Start again ... and have fun!

Restarts: -

Wall 3: Dance 4 counts (Charleston*), then RESTART facing 12.00

Wall 7: Dance 32 counts, then start Wall 8 facing 12.00

To Finish: Wall 8: Dance 14 counts (**), then step Back-¼R-Tog (L-R-L)

Split floor with "One More Chance" (Low Int) by Darren Bailey & Fred Whitehouse

... a great dance that we really enjoy, but a little tricky for my beginners.

Contact: ulladullalinedancers@gmail.com

Last Update - 29th Oct. 2015