One Life, One Love



編舞者: Guillaume Richard (FR) - January 2017

音樂: Don't Let This Feeling Fade by Lindsey Stirling



Start of the dance: After 16 counts

11-81 STEP & HEEL FANS X2 - STEP 1/2 TURN - COASTER	QTED

Step RF forward – Spread heels outside – Back with the heels in – Step RF next to LF
Step LF forward – Spread heels outside – Back with the heels in – Step LF next to RF

Step RF forward – Making ½ turn L and keep weight on RF
Step LF backward – Step RF next to LF – Step LF forward

[9-16]: SCUFF - STEP - WEAVE - SWIVEL WITH ARMS MOVEMENT

1-2 Scuff RF – Step RF to R (make a ¾ circle with your arms by L side and finish with arms at

shoulders height)

3&4 Cross LF behind RF – Step RF to R – Cross LF over RF (keep your arms as count 2)

5&6 Step RF to R with R toe in – R toe out (arms as count 2) – Keep arms parallel pushing them

down and turn your face down with

7&8 R toe in – R heel in (keep arms as count 6) – R toe back in the middle (Lay hands on top of

each other at shoulder height)

[17-24]: CROSS – SIDE – WEAVE – TRIPLE FULL TURN – PONY STEPS BACK

1-2 Cross RF over LF – Step LF to L

3&4 Cross RF behind LF – Step LF to L – Cross RF over LF

5&6 Making ½ turn L stepping LF forward – Step RF next to LF – Making ½ turn L stepping LF

forward (full turn on site)

7&8 Step RF backward and hitch L knee – Step LF next to RF – Step RF backward and hitch L

knee

[25-32]: Coaster Step - Scoot - Scuff & Touch - Rock Back

Step LF backward – Step RF next to LF – Step LF forward
Scuff RF – Hitch R knee (with a little jump) – Step RF forward

5&6 Scuff LF – Step LF forward – Touch R toe behind LF

7-8 Put weight on RF (Put your hands on top of each other at shoulder height and look back in

the same time) - Recover on LF

TAG: At wall 6, do the next 8 counts following the beat of the music

1-2-3&4 Stomp RF – Clap your hands – Stomp LF – Clap your hands – Clap your hands

5-8 Repeat the first 4 counts