

One Chance To Dance

COPPER KNOB
STEPPERS

拍數: 32 牆數: 2 級數: Easy Improver
編舞者: Kate Sala (UK) - January 2018
音樂: One Chance to Dance (feat. Joe Jonas) - Naughty Boy



#8 count Intro. Starting on vocals.

Side Step Right, Together, Side Rock, Recover, Cross Shuffle, Side Rock Recover.

1 2 Step out on R to right side. Step L next to R.
3 4 Side rock on R out to right side. Recover on to L.
5 & 6 Cross step R over L. Step L to left side. Cross step R over L.
7 8 Side rock on L out to left side. Recover on to R.

During counts 7, 8, hold hands with the people next to you.

Coaster Step, Rocking Chair, Step Pivot 1/2 Turn Left.

1 & 2 Step back on L. Step R next to L. Step forward on L.
3 4 Rock forward on R. Recover on to L.
5 6 Rock back on R. Recover onto L.

Still holding hands, during counts 3, 4 raise the hands up and bring them back down on counts 5, 6

7 8 Step forward on R. Pivot 1/2 turn left. *(Restart during wall 4)

Step Pivot 1/4 Turn Left, Cross Step, Touch Left, Step Back, Touch Across, Shuffle Forward.

1 2 Step forward on R. Pivot 1/4 turn left. 3:00
3 4 Step forward on R and slightly across L. Touch L toe out to left side.
5 6 Step back on L. Touch R toe across L.

During counts 5, 6 bring the L arm round in circle motion forward & over head and slap hand on hip.

7 & 8 Step forward on R. Step L next to R. Step forward on R.

Step Pivot 1/4 Turn Right, Shuffle Forward, Kick Ball Step, Step Right, Cross Step Behind.

1 2 Step forward on L. Pivot 1/4 turn right. 6:00
3 & 4 Step forward on L. Step R next to L. Step forward on L.
5 & 6 Kick R forward. Step down on ball of R. Step forward on L.

If dancing in Contra, during counts 5 & 6, take hands of people facing you, one either side and pull yourself through, cross/passing through the line.

7 8 Step R to right side. Cross step L behind R.

Start Again!

***Restart: During wall 4, restart the dance after 16 counts. Restart facing front wall.**

Can also be done in contra line for Fun!
