

Once a Day

拍數: 64 牆數: 2 級數: Easy Intermediate
編舞者: Henk van Lubeek (NL) - July 2018
音樂: Once a Day - Mike Denver : (Album: Love To Live - iTunes)



Start 16 count after hard beat. (When you found)

Section 1. Scissor Step, Hold, Chassé Left Side, Hold.

1-2-3-4 step right on RF, LF together RF, RF across LF, hold
5-6-7-8 step left side on LF, RF together LF, step left side on LF, hold

Section 2. Cross Rock, Recover, ¼ Turn Right Fwd, Hold, Step Fwd, ½ Turn Right, Step Fwd, Hold.

1-2-3-4 RF across LF, weight back on LF, ¼ turn right stepping RF forward, hold [3]
5-6-7-8 step forward on LF, ½ turn right (weight on RF), step forward on LF, hold [9]

Section 3. Rock Fwd, Recover, Step Back, Hold, Left Sweep, Behind, Right Sweep, Behind.

1-2-3-4 rock forward on RF, weight back on LF, step RF backward, hold
5-6-7-8 sweep LF backward, step behind RF, sweep RF backward, step behind LF,

Section 4. Coaster Step, Hold, Step Fwd, ¼ Turn Left, Cross, Hold.

1-2-3-4 step back on LF, RF together LF, step forward on LF, hold
5-6-7-8 step forward on RF, ¼ turn left (weight on LF), RF across LF, hold [6]

Section 5. Hinge, Step Fwd, Hold, Step Lock Step Fwd, Hold.

1-2-3-4 ¼ turn right step back on LF, ¼ turn right step right side on RF, step forward on LF, hold [12]
5-6-7-8 step forward on RF, cross LF behind RF, step forward on RF, hold

turn

Section 6. Rock Fwd, Recover, Step Back, Hold, Walks x3, Hold.

1-2-3-4 rock forward on LF, weight back on RF, step back on LF, hold
5-6-7-8 walk steps backward on R/L/R, hold

Section 7. Coaster ¼ Turn Left, Hold, Rock Fwd, Recover, ¼ Turn Right Step Fwd, Hold.

1-2-3-4 ¼ turn left and step back, RF together LF, step on LF forward, hold [9]
5-6-7-8 rock forward on RF, weight back on LF, ¼ turn right stepping RF forward, hold [12]

Section 8. Step Fwd, ½ Turn Right, Step Fwd, Hold, Rock Right Side, Recover, Touch, Hold.

1-2-3-4 step on LF forward, ½ turn right (weight on RF), step LF forward, hold [6]
5-6-7-8 rock on RF right side, weight back on LF, touch toe RF next LF, hold

AGAIN.

TAG:16 counts after 2e wall.

Rumba Box with Holds.

1-2-3-4 step RF right side, LF together RF, step RF forward, hold
5-6-7-8 step LF left side, RF together LF, step LF back, hold

Shuffle ½ Turn Right, Hold, Step Fwd, ½ Turn Right, Step Fwd, Hold.

1-2-3-4 ¼ turn right step RF right side, LF together RF, ¼ turn right step RF forward, hold [6]
5-6-7-8 step forward on LF, ½ turn right (weight on RF), step forward on LF, hold

Ending: Dance the first 12 counts (count 4 section 2) than: Step Fwd, ¾ Turn Right, Closed, Hold.

1-2-3-4 step forward on LF, ¾ turn right (weight on RF), LF next RF, hold [12]

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