

Only One Life!

拍數: 48 牆數: 4 級數: Improver
編舞者: Ann-Kristin Sandberg (NOR) - July 2018
音樂: One Life - Helena Paparizou : (iTunes)



INTRO: 8 count (5 sec) Start on vocal

ROCK RECOVER-1/2 TURN R INTO SHUFFLE-1/2 TURN R-STEP BACK-COASTER STEP

1-2 Step R forw, Recover onto L
3&4 ½ turn R stepping R forw, Step L next to R, Step R forw (F06)
5-6 ½ turn R stepping L backw, Step R backw (F12)
7&8 Step L backw, Step R next to L, Step L forw

WALK-SHUFFLE-STEP-PIVOT ¼ TURN R-CROSS SHUFFLE

1-2 Step R forw, Step L forw
3&4 Step R forw, Step L next to R, Step R forw
5-6 Step L forw, Pivot ¼ turn R (F03)
7&8 Cross L over R, Step R to R side, Cross L over R

SIDE-TOGETHER-SHUFFLE-SIDE-TOGETHER-COASTER STEP

1-2 Step R to R side, Step L next to R
3&4 Step R forw, Step L next to R, Step R forw
5-6 Step L to L side, Step R next to L
7&8 Step L backw, Step R next to L, Step L forw

ROCK RECOVER-1/2 TURN R INTO SHUFFLE-FULL TURN R-SHUFFLE

1-2 Step R forw, Recover onto L
3&4 ½ turn R stepping R forw, Step L next to R, Step R forw (F09)
5-6 ½ turn R stepping L backw, ½ turn R stepping R forw
7&8 Step L forw, Step R next to L, Step L forw (F09)

CROSS-BACK-SIDE-CROSS-ROCK RECOVER-SHUFFLE

1-2 Cross R over L, Step L backw
3-4 Step R to R side, Cross L over R
5-6 Step R backw, Recover onto L
7&8 Step R forw, Step L next to R, Step R forw

STEP-PIVOT ½ TURN R-STEP-1/2 TURN L-1/2 TURN L-STEP-SHUFFLE

1-2 Step L forw, Pivot ½ turn R (F03)
3-4 Step L forw, ½ turn L stepping R backw
5-6 ½ turn L stepping L forw, Step R forw (F03)
7&8 Step L forw, Step R next to L, Step L forw

RESTART & TAG: Wall 5: Dance first 32 counts & TAG (F09):

1-2 Step R forw, Recover onto L
3-4 Step R back, Recover onto L

ENJOY & HAPPY DANCING

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