

Once, Twice, Forever

拍數: 64 牆數: 4 級數: Improver
編舞者: Lesley Kidd (UK) - January 2020
音樂: Freedom - Wham! : (Album: Wham! Make it Big - 5:02)



Section 1: Diagonal step touch (x2), hip sways (x4)

1 2 Step forward R to R diagonal, touch L beside R
3 4 Step forward L to L diagonal, touch R beside L
5 6 Step R to R side, swaying hips to R, sway hips L
7 8 Sway hips R, sway hips L

Section 2: Side shuffle R, rock back L, grapevine L with brush

1&2 Step R to R side, step L beside R, step R to R side
3 4 Rock back on L, recover onto R
5 6 Step L to L side, step R behind L
7 8 Step L to L side, brush R foot forward

(Restart here on walls 4 and 8)

Section 3: Step ¼ turn, touch (x4)

1 2 Step R forward making ¼ turn L, touch L beside R (9:00)
3 4 Step L forward making ¼ turn L, touch R beside L (6:00)
5 6 Step R forward making ¼ turn L, touch L beside R (3:00)
7 8 Step L forward making ¼ turn L, touch R beside L (12:00)

Section 4: Figure 8 grapevine

1 2 Step R to R side, step L behind R
3 4 Step R ¼ turn R, step forward L (3:00)
5 6 Pivot ½ turn R (weight R), turn ¼ R stepping L to L side (12:00)
7 8 Step R behind L, step L ¼ turn L (9:00)

(Dance tag here on walls 2, 6 and 10 and restart dance)

Section 5: Step scuff (x2), ¼ paddle turn (x2)

1 2 Step R, scuff L forward
3 4 Step L, scuff R forward
5 6 Rock forward R, recover making ¼ turn L
7 8 Rock forward R, recover making ¼ turn L (3:00)

Section 6: Weave and point, cross, point, cross, point

1 2 Step R across L, step L to L side
3 4 Step R behind L, point L to L side
5 6 Step L across R, point R to R side
7 8 Step R across L, point L to L side

Section 7: Weave, pivot ½ turn, shuffle forward

1 2 Step L across R, step R to R side
3 4 Step L behind R, step R to R side
5 6 Step forward L, pivot ½ turn R (weight R)
7&8 Step forward L, step R beside L, step forward L (9:00)

Section 8: Step, touch, kick ball-change (x2)

1 2 Step R to R side, touch L beside R
3&4 Kick L forward to L diagonal, step ball of L beside R, step R beside L

5 6 Step L to L side, touch R beside L
7 8 Kick R forward to R diagonal, step ball of R beside L, step L beside R

Tag: There is an 8 count tag at the end of Section 4 on walls 2, 6 and 10.

Tag Rocking chair, jazz box

1 2 Rock forward R, recover onto L
3 4 Rock back R, recover onto L
5 6 Step R across L, step back L
7 8 Step R to R side, step forward L

Restart dance.

Restarts: There are 2 restarts.

On walls 4 and 8 dance up to count 16 (end of section 2) and restart

Choreographer's note:

The first 32 counts of the dance can be danced on their own as a beginner floor split, with a small amendment, replace the figure 8 vine in section 4 with grapevine R, grapevine $\frac{1}{4}$ turn L. The music is rather long so you may wish to fade it out before the end. This version was the shortest I could find! Script is available separately as Once, Twice, Easily Forever.
