

One More Dance

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Hiroko Carlsson (AUS) - March 2021
音樂: One More Dance - R3HAB & Alida : (iTunes / Spotify)



(Intro: 32 counts)

[S1] Side w/ Lift (R, L, R-L-R), Touch-Unwind 1/2L, Ball-Pivot 1/4R

1 2 Step R to the side (slightly lifting L foot up), Step L to the side (slightly lifting R foot up)
3&4 Weight switches R-L-R
5 6& Touch L behind R, Unwind ½ left weight ends on L, Ball step forward on R (12:00)
7 8 Step forward on L, Make a ¼ turn right recover weight on R (9:00)

[S2] 2x Touch-Knee Turn, Twinkle-Twinkle Turn 1/4L-Cross

1 2 Touch L next to R (slightly L knee in), Swivel L knee out whilst making a ¼ turn left weight ends on L (6:00)
3 4 Touch R next to L (slightly R knee in), Swivel R knee out whilst making a ¼ turn right weight ends on R (9:00)
5&6 Cross L over R, Step R to the side, Step L close to R
&7& Cross R over L, Make a ¼ turn right stepping L to the side, Step R close to L (12:00)
8 Step L across R (get ready to push back)

[S3] Push Back-Lock-Back, 1/2L Shuffle Turn, Step-Pivot 1/2, Shuffle Fwd w/ Hook

1&2 Step back on R, Lock L across R, Step back on R
3&4 Making a ½ turn left shuffle forward on L-R-L (6:00)
5 6 Step forward on R, Make a ½ turn left recover weight on L (12:00)
7&8 Shuffle forward on R-L-R (hook L heel up behind R)

[S4] 1/4R Coaster Step w/ Hook, 1/4L Coaster Step w/ Hook, 1/4R Coaster Step-Pivot 1/2R, Fwd

1&2 Make a ¼ turn right stepping back on L, Step R next to L, Step forward on L (hook R heel up behind L) (3:00)
3&4 Make a ¼ turn left stepping back on R, Step L next to R, Step forward on R (hook L heel up behind R) (12:00)
5&6 Make a ¼ turn right stepping back on L, Step R next to L, Step forward on L (3:00)
7 8 Make a ½ turn right recover weight on R, Step forward on L (9:00)

Repeat

The dance finishes at 12:00.

No tags or restarts

Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)
(updated: 31/Mar/21)