

One Last Time

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Mary Pentangelo (USA) - March 2025
音樂: One Last Time - Ariana Grande



#16-count intro...

[1-8] RF Rocking Chair, RF Side Point and Flick Behind, RF Step Side, LF Cross Behind RF

1-4 RF rock fwd, recover LF, RF rock back, recover LF
5-8 RF step side, RF flick behind to left, RF step side, LF cross behind RF

[9-16] RF 1/2 Turn with L Knee Hitch, LF Step Side, RF Cross Behind LF, RF step touch, LF step touch

1-2 RF flips for ½ turn over right should with the L knee coming up for hitch
3-4 LF step side, RF cross behind LF
5-8 LF step side, RF tap next to LF, RF step side, LF tap next to RF

[17-24] LF Step Sweep, RF Step Sweep, LF Rock Recover, LF Step Back, RF Hook

1-4 LF step fwd, RF sweep around from side to front, RF step fwd, LF sweep around from side to front
5-8 LF rock fwd, recover RF, LF step back, RF hook in front of L

[25-32] RF Step Side 1/4 Turn and Tap, LF Side Shuffle, Heel Switches, Toe Switches

1-2 RF steps to side making a ¼ over left shoulder, LF taps next to RF
3-4 LF steps side, RF steps next to LF, LF steps side
5&6& RF heel tap front, RF replace next to LF, LF heel tap front, LF replace next to RF
7&8& RF toe tap front, RF replace next to LF, LF toe tap front, LF replace next to RF

Restart the dance

Thank you for checking out my dance!
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