

Once Again

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Robbie McGowan Hickie (UK)
音樂: I May Hate Myself In the Morning - Lee Ann Womack



RIGHT STEP FORWARD, LEFT LOCK STEP FORWARD, RIGHT MAMBO FORWARD, LEFT SHUFFLE ½ TURN LEFT STEP, PIVOT ½ TURN LEFT, TOUCH

- 1 Step forward on right
- 2&3 Step forward on left, lock right behind left, step forward on left
- 4&5 Rock forward on right, rock back on left, step back on right
- 6&7 Left shuffle back turning ½ turn left stepping left, right, left (6:00)
- 8& Step forward on right, pivot ½ turn left
- 1 Touch right toe beside left - turning right knee in across left (12:00)

SIDE ROCK, BEHIND, SIDE, CROSS, SIDE ROCK & CROSS, 2 X ¼ TURNS LEFT, CROSS

- 2-3 Rock right out to right side swaying hips right, recover weight on left swaying hips left
- 4&5 Cross right behind left, step left to left side, cross step right over left
- 6&7 Rock left out to left side, recover weight on right, cross step left over right
- 8& Turn ¼ turn left stepping back on right, turn ¼ turn left stepping left to left side
- 1 Cross step right over left (6:00)

SIDE ROCK, 2 X ½ TURNS RIGHT, CROSS ROCK & ¼ TURN LEFT, RIGHT LOCK STEP FORWARD

- 2-3 Rock left out to left side swaying hips left, recover weight on right swaying hips right
- 4 On ball of right, turn ½ turn right stepping left to left side
- 5 On ball of left, turn ½ turn right stepping right to right side (6:00)
- 6&7 Cross rock left over right, rock back on right, turn ¼ turn left stepping forward on left
- 8&1 Step forward on right, lock left behind right, step forward on right (facing 3:00)

Easier option:

- 4-5 Cross step left over right, long step right to right side

STEP, PIVOT FULL TURN RIGHT, ¼ TURN CHASSE RIGHT, CROSS ROCK BACK & SIDE, SWEEP ¼ TURN RIGHT, TOGETHER

- 2&3 Step forward on left, pivot ½ turn right, turn ½ turn right stepping back on left
- 4&5 Turn ¼ turn right stepping right to right side, close left beside right, step right to right side
- 6&7 Cross rock back left behind right, rock forward on right, long step left to left side (6:00)
- 8& Sweep right out turning ¼ turn right step back on right, step left beside right (9:00)

Easier option:

- 2&3 Step forward on left, pivot ¼ turn right, cross step left over right
- 4&5 Step right to right side, close left beside right, step right to right side

Above counts 8&(1) completes a right coaster ¼ turn right

REPEAT