

Once Upon A Time

拍數: 84 牆數: 1 級數:
編舞者: Justine Shuttleworth (AUS)
音樂: Never Been Kissed - Sherrié Austin



- 1&2 Shuffle to right side stepping right-left-right
3&4 Step left behind right, step right to right, cross left over right
5 Unwind turning $\frac{1}{2}$ turn right (weight left)
6& Touch right heel across in front of left, step right to right
7& Touch left heel across in front of right, step left to left
8& Touch right heel across in front of left, kick right to right
- 1&2 Sailor step; step right behind left, rock left to left, rock/replace weight onto right
3&4 Touch left toe back & behind right, touch left toe to left with left knee pointing towards right (inwards), touch left toe back & behind right
5-6 Rock left to left, rock/replace weight onto right
7-8 Turning $\frac{3}{4}$ left step forward on left, turning a further $\frac{3}{4}$ left step back on right (this $1\frac{1}{2}$ turn left is completed traveling to the left, 9:00 to end up facing the starting wall 12:00)
- 1-16 Repeat last 16 beats using opposite footwork (mirror image)
- 1&2 Rock right to right, rock/replace left to left, step right in front of left
&3& Rock left to left, rock/replace right to right, step left in front of right
4&5 Rock right to right, rock/replace left to left, step right in front of left
&6 Rock left to left, rock/replace right to right
7-8 Step forward left, pivot $\frac{1}{2}$ turn right (weight right)
- & Turn a further $\frac{1}{2}$ turn right on ball of right foot to face starting wall
- 1&2 Step left behind right, rock right to right rock/replace weight onto left
&3& Step right behind left, rock left to left rock/replace weight onto right
4&5 Step left behind right, rock right to right, rock/replace weight onto left
&6 Rock back on right, forward on left
7-8 Turning full turn left step forward right-left
- 1&2 Shuffle forward stepping right-left-right
& Turn $\frac{1}{2}$ right & step back on left
3&4 Shuffle back stepping right-left-right
5&6 Shuffle forward left-right-left
& Turn $\frac{1}{2}$ left & step back on right
7&8 Shuffle back left-right-left
- 1-4 Rock back on right, forward on left, back on right, forward on left
5-8 Step forward right, pivot $\frac{1}{2}$ turn left (weight left), step forward right, pivot $\frac{1}{2}$ turn left (weight left)
- 1&2 Shuffle forward stepping right-left-right
3-4 Step forward left, pivot $\frac{1}{2}$ turn right (weight right)
&5 Step slightly forward onto left, touch right toe to right
&6 Step right beside left, touch left toe to left

- 7-8 Slide left toe in beside right turning $\frac{1}{4}$ left taking weight onto left (as in $\frac{1}{4}$ Monterey), step forward on right
- &1 Kick left foot forward (low kick), step slightly forward on left
2 Step forward on right
- &3 Kick left foot forward (low kick), step slightly forward on left
4 Step forward on right
- 5-6 Rock forward on left, back on right
- 7&8 Turning $1\frac{1}{2}$ turn left shuffle back stepping left-right-left (triple)
- 1&2 Shuffle forward stepping right-left-right
- 3&4 Rock forward on left, step back on right turning $\frac{1}{4}$ left, turning a further $\frac{1}{4}$ turn left step forward on left
- & Turn a further $\frac{1}{4}$ turn to face starting wall & restart from beginning

REPEAT

For the dance to fit best to the music add a full turn left stepping right-left at the end of the 2nd wall before restarting the dance (or simply hold for 2 beats).
