

One Lifetime

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Yvonne Hammond (AUS)
音樂: One Lifetime - Noel Haggard



- 1-2 Tap right foot in front of left, kick right forward
3&4 Shuffle back right-left-right
5-6 Tap left foot in front of right, kick left forward
7&8 Shuffle back left-right-left
- 9-11&12 Walk forward right-left, shuffle forward right-left-right
13-15&16 Step forward on left, pivot $\frac{1}{2}$ turn right onto right, shuffle forward left-right-left
17-19&20 Walk forward right-left, shuffle forward right-left-right
21-23&24 Step forward on left, pivot $\frac{1}{2}$ turn right onto right, shuffle forward left-right-left
- 25-26 Step out to right on right, step left in place
27&28 Shuffle across left with right stepping right-left-right
29-30 Step left to left, turn $\frac{1}{2}$ turn right onto right
31&32 Shuffle across right with left stepping left-right-left
33-34 Step out to right on right, step left in place
35&36 Shuffle across left with right stepping right-left-right
37-38 Step left to left, turn $\frac{1}{2}$ turn right onto right
39&40 Shuffle across right with left stepping left-right-left
- 41-42 Point right out to right side, slide right beside left
43&44 Shuffle forward right-left-right
45-46 Point left out to left side, slide left beside right
47&48 Shuffle forward left-right-left
- 49-50 Step forward on right, step back on left
51&52 Turning $\frac{1}{2}$ turn right shuffle forward right-left-right
53-54 Step forward on left, step back on right
55&56 Turning $\frac{3}{4}$ turn left triple step left-right-left
- 57-59&60 Step forward on right, pivot turn $\frac{1}{2}$ turn left, shuffle forward right-left-right
61-63&64 Step forward left, pivot $\frac{1}{2}$ turn right, shuffle forward left-right-left

REPEAT
