

One Night

拍數: 64 牆數: 4 級數: Advanced
編舞者: Joy Dawson (NZ)
音樂: One Night At a Time - George Strait



ROCK STEPS FORWARD & BACK ON 45 DEGREES ANGLE

- 1 On right foot rock step forward and to the right on 45 degrees angle
- 2 Rock back in place on left foot
- 3&4 Step right, left, right (cha-cha-cha)
- 5 On left foot rock step back and to the left on 45 degrees angle
- 6 Rock forward in place on right foot
- 7 Step left foot beside right
- 8 Step right foot in place

ROCK STEPS FORWARD & BACK ON 45 DEGREES ANGLE

- 9 On left foot rock step forward and to the left on 45 degrees angle
- 10 Rock back in place on right foot
- 11&12 Step left, right, left (cha-cha-cha)
- 13 On right foot rock step back and to the right on 45 degrees angle
- 14 Rock forward in place on left foot
- 15 Step right foot beside left
- 16 Step left foot in place

PIVOT, CROSS, PIVOT, POINT, STEP, CROSS, POINT, PIVOT

- 17 Point right toe to the right side
- 18 Putting weight on ball of right foot cross right foot across in front of left foot
- 19 On the balls of both feet pivot $\frac{1}{2}$ turn to the left ending with weight on right foot
- 20 Point left toe to the left side
- 21 Step left foot beside right
- 22 Point right toe to the right side
- 23 Putting weight on ball of right foot cross right foot across in front of left foot
- 24 On the balls of both feet pivot $\frac{1}{2}$ turn to the left ending with weight on right foot

SHUFFLE FORWARD, RIGHT ROLLING TURN, SHUFFLE FORWARD, ROCK

- 25&26 Shuffle forward left, right, left
- 27 Step to the right on right foot while turning $\frac{1}{2}$ turn to the right
- 28 Step to the left on left foot while turning $\frac{1}{2}$ turn to the right

You have now completed a full rolling turn to the right

- 29&30 Shuffle forward right, left, right
- 31 Rock forward on the left foot
- 32 Rock back on the right foot

1 $\frac{1}{2}$ ROLLING TURN BACK, ROCK STEP, SHUFFLE BACK

- 33 Step back on left foot while turning $\frac{1}{2}$ turn to the left
- 34 Step back on right foot while turning $\frac{1}{2}$ turn to the left
- 35 Turn $\frac{1}{2}$ turn to the left and step forward on left foot
- 36 Step right foot beside left

You have now completed a 1 $\frac{1}{2}$ rolling turn

- 37 Rock forward on left foot
- 38 Rock back on the right foot

39&40 Shuffle back left, right, left

POINT, STEP BACK, POINT, STEP BACK, POINT, CROSS, CROSS CHA-CHA-CHA

- 41 Point right toe to the right side
- 42 Step right foot directly behind left
- 43 Point left toe to the left side
- 44 Step left foot directly behind right
- 45 Point right toe to the right side
- 46 Step right foot across in front of left
- 47 Step left foot in place
- & Step right foot beside left
- 48 Step left foot across in front of right

STEP, POINT, ½ TURN, POINT

- 49 Step to the side on the right foot
- 50 Point left toe to left side
- 51 Pulling back on left shoulder and swiveling on ball of right foot turn ½ turn to the left and step left foot to side
- 52 Point right toe to right side

CROSS & LUNGE STEP

- 53 Step cross right foot behind left
- 54 Step left foot to the side
- 55 Lunge step right foot across in front of left bending knees
- 56 Step back on left foot in place
- 57 Step right foot to the right side
- 58 Lunge step left foot across in front of right bending knees
- 59 Step back on to right foot in place
- 60 Step left foot beside right

POINT, CROSS, PIVOT, KNEE BENDS

- 61 Point right toe to right side
 - 62 Cross and touch right foot in front of left
 - 63 Pivot ½ turn to the left on balls of both feet and bend left knee
- Weight is now on right foot**
- 64 Straighten left knee while bending right knee

REPEAT

TAG

On the 5th sequence of the dance, after beat 38 before the shuffle back. The extra four beats will be as follows:

- 1 Rock back on left foot
- 2 Rock forward on right foot
- 3 Rock forward on left foot
- 4 Rock back on right foot

Then continue from beats 39 & 40 - shuffle back left, right, left
