

# 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 ½ 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 ½ 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 ½ turn to the right
- 28          Step to the left on left foot while turning ½ 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 ½ ROLLING TURN BACK, ROCK STEP, SHUFFLE BACK

- 33          Step back on left foot while turning ½ turn to the left
- 34          Step back on right foot while turning ½ turn to the left
- 35          Turn ½ turn to the left and step forward on left foot
- 36          Step right foot beside left

### You have now completed a 1 ½ 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**

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