

Just One Time

拍數: 48 牆數: 4 級數: Intermediate waltz
編舞者: Robbie McGowan Hickie (UK)
音樂: Somebody Stand By Me - Faith Hill



LEFT TWINKLE HALF TURN LEFT, CROSS ROCK, SIDE STEP

1-2 Cross step left over right, turn $\frac{1}{4}$ turn left stepping back on right
3 Turn $\frac{1}{4}$ turn left stepping left to left side, (facing 6:00)
4-6 Cross rock right over left, recover weight on left, step right to right side and slightly back

LEFT TWINKLE HALF TURN LEFT, CROSS ROCK, SIDE STEP

1-2 Cross step left over right, turn $\frac{1}{4}$ turn left stepping back on right
3 Turn $\frac{1}{4}$ turn left stepping left to left side, (facing 12:00)
4-6 Cross rock right over left, recover weight on left, step right to right side and slightly back

LEFT TWINKLE, RIGHT TWINKLE QUARTER TURN RIGHT

1-3 Cross step left over right, step right to right side, step left in place
4-6 Cross step right over left, turn $\frac{1}{4}$ turn right stepping back on left, step right to right side

WEAVE RIGHT, SIDE STEP, DRAG

1-3 Cross step left over right, step right to right side, cross left behind right, (facing 3:00)
4-6 Long step right to right side, drag left towards right over 2 counts, (weight on right)

ONE & QUARTER TURN LEFT, FORWARD ROCK, STEP BACK

1-2 Turn $\frac{1}{4}$ turn left stepping forward on left, turn $\frac{1}{2}$ turn left stepping back on right
3 Turn $\frac{1}{2}$ turn left stepping forward on left, (facing 12:00)
4-6 Rock forward on right, rock back on left, long step back on right

Easier option for counts 1-3 above: vine $\frac{1}{4}$ turn left

LOCK STEP BACK QUARTER TURN LEFT, CROSS ROCK, SIDE STEP

1-3 Lock left across right, step back on right, turn $\frac{1}{4}$ turn left stepping left to left side
4-6 Cross rock right over left, recover weight on left, long step right to right side, (facing 9:00)

CROSS, UNWIND FULL TURN RIGHT, HIP SWAYS X 3

1-3 Cross left over right, unwind full turn right over 2 counts, (weight on left)
4-6 Step right to right side swaying hips right, sway hips left, sway hips right, (weight on right)

QUARTER TURN LEFT, RONDE QUARTER TURN LEFT, RIGHT TWINKLE

1 Turn $\frac{1}{4}$ turn left stepping forward on left, (facing 6:00)
2-3 Sweep right out and around from back to front turning $\frac{1}{4}$ turn left (over 2 counts)
4-6 Cross step right over left, step left to left side, step right in place, (facing 3:00)

REPEAT

ENDING

Start the dance 48 counts from the main beat. The music slows down during wall 9. Slow down with the music, and finish the dance after the $1 \frac{1}{4}$ turn left (wall 9), to end facing 12:00 wall. End the dance at this point although the music will start up again