

One Shot

拍数: 32 墙数: 4 级数: Beginner
编舞者: Andrew Hayes (UK) - February 2025
音乐: Taste of Us (One Shot) - Jake O'Neill



Intro: 16 Counts, Start at approx 10 secs

SEC 1 Side Rock, Cross Shuffle, Side Rock, Cross Shuffle

1-2 Rock right to right, recover weight on to left
3&4 Cross right over left, step left beside right, cross right over left
5-6 Rock left to left, recover weight on to right
7&8 Cross left over right, step right beside left, cross left over right

***Restart Here on Wall 9**

SEC 2 Side Switches, Clap x2, Heel Switches, Clap x2

1&2& Point right to right, step right beside left, point left to left, step left beside right
3&4 Point right to right, clap, clap
5&6& Touch right heel forward, step right beside left, touch left heel forward, step left beside right
7&8 Touch right heel forward, clap, clap

***Restart Here on Wall 5**

SEC 3 Ball, Rock, ¼ Side Shuffle Cross, Side, Sailor Step

&1-2 Step right beside left, rock left forward, recover weight on to right
3&4 Turn ¼ left step left to left, step right beside left, step left to left (9:00)
5-6 Cross right over left, step left to left
7&8 Step right behind left, step left to left, step right to right

SEC 4 Cross, Side, Coaster Step, Step, ½ Pivot, Step, ½ Pivot

1-2 Cross left over right, step right to right
3&4 Step left back, step right beside left, step left forward
5-6 Step right forward, pivot ½ left transferring weight onto left (3:00)
7-8 Step right forward, pivot ½ left transferring weight onto left (9:00)

Option

5-6 Rock right forward, recover weight on to left
7-8 Rock right back, recover weight on to left