

Once

拍数: 32 墙数: 2 级数: Intermediate / Advanced NC2S
编舞者: Sabrina Riedl (AUS) - February 2009
音乐: Once When I Was Little - James Morrison : (CD: Songs For You, Truth For Me)



Intro: 16 Counts

(1-9) Basic, step ¼ turn, back lock back, ½ turn sweep, coaster step cross ¼ turn, 2 full spiral turns, sweep

1-2& RF step to r side (1), LF close behind RF (2), RF cross over LF (&)
3 make ¼ turn r stepping LF back (3) (3:00)
4&5 RF step back (4), LF cross over RF (&), RF step back, make ½ turn l sweeping LF (weight stays on RF) (5) (9:00)
6&7 LF step back (6), RF close to LF (&) make ¼ turn l crossing LF slightly over RF (7) (6:00)
8&1 make 2 full spiral turns, ending RF slightly crossed over LF (8&), sweep RF back

Option: only 1 spiral turn (8&)

(10-16) Back, step ¼ turn, 2 steps diagonal back, step 1/8 turn, sweep ¼ turn, cross rock side, sways

2& RF close behind LF (2), recover weight on LF (&) (6:00)
3 make ¼ turn l stepping RF to r side (3:00)
4& LF step back in r diagonal (4), RF step back (still diagonal) (&) (7:30) (facing 1:30)
5 make 1/8 turn l stepping LF forward, make another ¼ turn l sweeping RF forward (5) (9:00)
6&7 RF cross over LF (6), recover weight on LF (&), RF step to r side (7)
8& sway to l side (8), sway to r side (&)

(17-25) Basic, pose turn, travelling pivot, basic ¼ turn, step ¼ turn, travelling pivot, step fwd.

1-2& LF step to l side (1), RF close behind LF (2), LF cross over RF (&)
3 make ¾ turn r stepping forward on RF (12:00) as you hitch left leg (LF close to right knee) (3) (6:00)
& make ¼ turn r stepping LF slightly back (9:00)
4& make ¼ turn r stepping forward on RF (4), make ½ turn r stepping back on LF (&)
5-6& make ¼ turn r stepping RF to r side (5), LF close behind RF (6), RF cross over LF (&) (9:00)
7 make ¼ turn r stepping back on LF (7) (12:00)
8&1 make ½ turn r stepping forward on RF (8), make ½ turn r stepping back on LF (&), make ½ turn r stepping forward on RF as you lift right arm up(1) (6:00)

(26-32) steps back, step ½ turn, step turn, ½ turn point, ¾ monterey turn, point, step ¼ turn, full turn

2&3 LF step back (2), RF step back (&), make ½ turn l stepping forward on LF (3) (12:00)
4&5 RF step forward ½ turn l (4), put weight on LF (&), make another ½ turn l pointing RF to r side (5)
6-7 make ¾ monterey turn r (6), point LF to l side (7) (9:00)
8& make ¼ turn l stepping forward on LF (8), make a full turn l touching RF beside LF, turning r knee out (&) (6:00)

Restart:

In the 4th wall, after count 28& instead of doing the „point“ restart the dance (6:00)

HAVE FUN!!