

Just Once

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Peter Fry (AUS)
音樂: One Dance with You - Vince Gill



- 1-2& Step forward on left, cross right over in front of left, hop back on right to left 45 degrees holding left leg up with toes pointing to the floor
- 3-4 Step back on left at left 45, turning ¼ right step right to right side
- 5-6& Step forward on left, cross right over in front of left, hop back on right to left 45 holding left leg up with toes pointing to the floor
- 7-8 Step back on left at left 45, turning ¼ right step right to right side
-
- &1 Step left beside right, step right to right side
- 2-3 Cross left over in front of right, rock back on to right
- 4-5 Step left to left side making ¼ turn left, step forward on right
- 6&7 Make ½ pivot turn to left, step right beside left, touch left toe back
- 8 Make ¼ turn left ending weight evenly placed
- Feet should end up about shoulder width apart**
- The following 8 counts are all moving slightly backwards**
- &1&2 Step right to right side, step left to left side, step right to center, step left to center
- &3-4 Step right to right side, step left to left side, clap
- &5&6 Step right to center, step left to center, step right to right side, step left to left side
- &7-8 Step right to center, step left to center, clap
-
- 1-4 Step right forward to right 45, scuff left beside right, step left forward to left 45, scuff right beside left
- &5 Step right to right side, step left in place
- 6-7 Hold, make a ¼ turn left placing weight on left
- 8 Step right together
-
- 1-2 Step forward on left, scuff right following it through making a ¼ left
- 3 Making a ¼ turn left pump right back at right 45 hopping back on left
- 4 Pump right foot back at right 45 hopping back on left
- 5-6& Step right across in front of left, kick left to left side, step left behind right making a ¼ turn right
- 7-8 Making a ¼ turn right step forward on right, step forward left
-
- 1-2&3 Kick right forward twice, step right back, touch left toe back
- 4 Pivot ½ turn left
- 5&6 Kick right forward, step right slightly back, step left forward (kick ball step)
- 7-8 Step right forward, scuff left beside right

REPEAT