



Groupe Country Rungis

One Last Time

Choreographed by Rob Fowler

Description: 64 count, 4 wall, intermediate line dance

Musique: **One Last Time** by Ariana Grande

Danser sur les paroles

SYNCOPATED HEEL GRINDS, HEEL JACK AND SWEEP

1-2& Rock right heel forward (toe turned in), recover to left (right toe turned out), step right back

3-4& Rock left heel forward (toe turned in), recover to right (left toe turned out), step left back

5&6& Cross right over, step left side, touch right heel diagonally forward, step right together

7-8 Cross left over, sweep right back to front

RIGHT CROSS TOUCH LEFT, CROSS ¼ TURN, SHUFFLE BACK LEFT, ROCK STEP BACK

1-2 Cross right over, touch left side

3-4 Cross left over, turn ¼ left and step right back

5&6 Chassé back left-right-left

7-8 Rock right back, recover to left

TWO ½ TURNS FORWARD, RIGHT SHUFFLE FORWARD, LEFT ROCK STEP RECOVER, JUMP BACK LEFT RIGHT, HOLD

1-2 Turn ½ left and step right back, turn ½ left and step left forward

3&4 Chassé forward right-left-right

5-6 Rock left forward, recover to right

&7-8 Step left diagonally back, step right side, hold

SYNCOPATED ROCK STEPS, ROLLING TURN RIGHT, HOLD

1-2& Cross/rock left over, recover to right, step left side

3-4 Cross/rock right over, recover to right

5-6 Turn ¼ right and step right forward, turn ½ right and step left back

7-8 Turn ¼ right and step right side, hold

½ TURN SYNCOPATED MONTEREY, CROSS ½ TURN CHASE LEFT

&1-2 Step left together, rock right side, recover to left

&3-4 Turn ½ right and step right together, rock left side, recover to right

5-6 Cross left over, step right side

7&8T urn ½ left and chassé side left-right-left

SAILOR STEP RIGHT, SAILOR STEP LEFT, TWO ½ TURNS

1&2 Right sailor step

3&4 Left sailor step

5-6 Step right forward, turn ½ left (weight to left)

7-8 Step right forward, turn ½ left (weight to left)

RIGHT KICK BALL CHANGE, RIGHT DOROTHY STEP, LEFT KICK BALL CHANGE, DIAGONAL STEP LEFT, TOUCH RIGHT

1&2 Right kick ball change

3-4& Step right diagonally forward, lock left behind, step right diagonally forward

5&6 Left kick ball change

7-8 Step left diagonally forward, touch right slightly back

SHUFFLE BACK RIGHT, SHUFFLE BACK LEFT, FULL WALK AROUND TURN

1&2 Chassé back right-left-right (slightly angle body right)

3&4 Chassé back left-right-left (slightly angle body left)

5-6 Turn ½ right and step right forward, step left forward

7-8 Turn ½ right and step right forward, step left forward

REPETER

Récupérer sur Kickit le 06/02/2016 par GR pour GROUPE COUNTRY RUNGIS