

One Shot

Time: 64 - **Walls:** 2 **Autor / in:** Nahman: Anna, Carmen Rosa Isa and

Dance Music: *The Higgins - Love In One Shot (Album: Real Thing)*

LEFT DIAGONAL Grapevine (facing 1:30), scuffs, RIGHT ROCK STEP (facing 9:00), TURN RIGHT

1-2 Step left to left diagonal, Cross right behind left

3-4 Step left diagonally forward left, scuff right beside left

5-6 Pivoting a quarter and half turn left on left rock right foot forward, weight back to left (9:00)

7-8 Step right foot turning $\frac{1}{2}$ right, step left turning $\frac{1}{2}$ right

$\frac{1}{4}$ TURN RIGHT, STOMP, LEFT SWIVETS TWICE, TWICE RIGHT TOE Behind

9-10 Step right to the finishing $\frac{1}{4}$ turn over, stomp left beside right (12:00) (In total $1 \frac{1}{4}$ turn right on time and stomp 3)

11-12 On the left heel and toe ends of the right foot turn left, back to the site

13-14 On the left heel and toe ends of the right turn towards the left foot, returned to the site

15-16 Touch right toe behind left twice

RIGHT DIAGONAL Grapevine (facing 10:30), ROCK STEP LEFT (facing 3:00), TURN LEFT

17-18 Step right to right diagonal, cross left behind right

19-20 Step right diagonally forward right, scuff left beside right

21-22 Pivoting a quarter and half turn right on right rock left forward, recover to right (3:00)

23-24 Step left turning $\frac{1}{2}$ left, step right turning $\frac{1}{2}$ left

$\frac{1}{4}$ TURN LEFT, STOMP, RIGHT TWICE SWIVETS, RIGHT TOE Behind

25-26 Step left to finishing the $\frac{1}{4}$ more, stomp right beside left (12:00)

In total $1 \frac{1}{4}$ to left and back in 3 times and stomp

27-28 On the right heel and left toe turned right, back to the site

29-30 On the right heel and left toe turned right, back to the site

31-32 Touch right toe behind left twice

LEFT FOOT: SWIVELS TOE, HEEL, TOE, HEEL AND RIGHT FOOT: HEEL, TOUCH RIGHT HAND X Flick & 2 - KICK, $\frac{1}{4}$ TURN STEP, KICK TWICE

33-34 Move left toe to the right and touch right heel forward, move the left heel to the right and get right behind him playing with his right hand

35-36 Move left toe to the right and touch right heel forward, move the left heel to the right and get right behind him playing with his right hand

37-38 Kick right forward, step right in place turning $\frac{1}{4}$ left

39-40 Kick left foot twice before (9:00)

ROCK STEP, STEP, SCUFF, $\frac{1}{2}$ TURN LEFT

41-42 Rock left forward (jumping, standing up), return weight to right (jumping, top left)

43-44 Rock left forward (jumping, standing up), return weight to right (jumping, top left)

45-46 Step left forward, scuff right beside left

47-48 Step right forward, turn $\frac{1}{2}$ left (weight on left foot)

$\frac{1}{2}$ TURN LEFT, STOMP, STOMP, SWIVELS

49-50 Step right forward, turn $\frac{1}{2}$ left (weight on left foot)

51-52 Stomp right beside left, stomp right below

53-54 With the right below the scroll left to right lace heels

55-56 and move to the right lace heels (weight on left foot)

TRIANGLE JAZZ BOX, TURN $\frac{1}{2}$ PIVOT, HOLD

57-58 Cross left over right, step right back

59-60 Step left to left, stomp right beside left

61-62 Raise right knee, on left $\frac{3}{4}$ back swing to the right

63-64 Stomp right beside left, hold