

# Countryfriends83

Ecole de Danse

## ONE LIFE ONE LOVE

Count : 32 Wall : 2 Level : Improver

Chorégraphe : Guillaume Richard 01/2017

Music : Don't let this feeling fade by Lindsey Stirling

### Start of the dance : After 16 counts

#### [1-8] : STEP & HEEL FANS X2 – STEP ½ TURN – COASTER STEP

1&2&: Step RF forward – Spread heels outside – Back with the heels in – Step RF next to LF

3&4&: Step LF forward – Spread heels outside – Back with the heels in – Step LF next to RF

5-6: Step RF forward – Making ½ turn L and keep weight on RF

7&8: Step LF backward – Step RF next to LF – Step LF forward

#### [9-16] : SCUFF – STEP – WEAVE – SWIVEL WITH ARMS MOVEMENT

1-2: Scuff RF – Step RF to R

(make a ¾ circle with your arms by L side and finish with arms at shoulders height)

3&4: Cross LF behind RF – Step RF to R – Cross LF over RF (keep your arms as count 2)

5&6: Step RF to R with R toe in – R toe out (arms as count 2) –

Keep arms parallel pushing them down and turn your face down with

7&8: R toe in – R heel in (keep arms as count 6) –

R toe back in the middle (Lay hands on top of each other at shoulder height)

#### [17-24] : CROSS – SIDE – WEAVE – TRIPLE FULL TURN – PONY STEPS BACK

1-2: Cross RF over LF – Step LF to L

3&4: Cross RF behind LF – Step LF to L – Cross RF over LF

5&6: Making ½ turn L stepping LF forward – Step RF next to LF –

Making ½ turn L stepping LF forward (full turn on site)

7&8: Step RF backward and hitch L knee – Step LF next to RF – Step RF backward and hitch L knee

#### [25-32] : Coaster Step – Scoot – Scuff & Touch – Rock Back

1&2: Step LF backward – Step RF next to LF – Step LF forward

3&4: Scuff RF – Hitch R knee (with a little jump) – Step RF forward

5&6: Scuff LF – Step LF forward – Touch R toe behind LF

7-8: Put weight on RF

(Put your hands on top of each other at shoulder height and look back in the same time) –

Recover on LF

### TAG : At wall 6, do the next 8 counts following the beat of the music

1-2-3&4: Stomp RF – Clap your hands – Stomp LF – Clap your hands – Clap your hands

5-8: Repeat the first 4 counts

Cathy MERIOT - Chorégraphe / Instructor

106 I chemin des Jardins

83920 LA MOTTE en PROVENCE

tél : 06.61.17.10.82 courriel : [cathy.meriot83@sfr.fr](mailto:cathy.meriot83@sfr.fr)

[www.countryfriends83.fr](http://www.countryfriends83.fr)