

ONE LIFE

SONG: "ONE LIFE" by HELENA PAPARIZOU

ALBUM: "ONE LIFE"

ORIGINAL POSITION: FEET TOGETHER WEIGHT ON THE LEFT FOOT.

CHOREOGRAPHER: GORDON ELLIOTT & LINDA PINK. AUSTRALIA. March 2019

BEATS	STEPS: This dance is done in FOUR directions. Introduction : 8 Beats
1 & 2 3 & 4 5 & 6 7, 8	<p>SAILOR STEP, SAILOR STEP, COASTER STEP, PIVOT TURN</p> <p>SAILOR : STEP R BEHIND LEFT, STEP L TO THE SIDE, STEP R TO THE SIDE, SAILOR : STEP L BEHIND RIGHT, STEP R TO THE SIDE, STEP L TO THE SIDE, COASTER : STEP R BACK, STEP L TOGETHER, STEP R FORWARD, PIVOT : STEP L FORWARD, TURN 180° RIGHT TAKE WEIGHT ONTO R. (6.00)</p>
1, 2 3 & 4 5, 6 7, 8	<p>ROLL FORWARD, MAMBO FORWARD, SWEEP, SWEEP, BACK, ROCK</p> <p>TURN 180° RIGHT STEP L BACK, TURN 180° RIGHT STEP R FORWARD, MAMBO : STEP L FORWARD, ROCK BACK ONTO R, STEP L BACK, SWEEP TO STEP R BACK, SWEEP TO STEP L BACK, STEP R BACK, ROCK FORWARD ONTO L. (6.00)</p>
1 & 2 3 & 4 5 & 6 7, 8	<p>1/2 BACK-1/4 SIDE-ACROSS, SIDE-ROCK-ACROSS, SIDE SHUFFLE, BEHIND, 1/2 UNWIND</p> <p>TURN 180° LEFT STEP R BACK, TURN 90° LEFT STEP L TO THE SIDE, STEP R ACROSS IN FRONT OF LEFT, STEP L TO THE SIDE, SIDE ROCK ONTO R, STEP L ACROSS IN FRONT OF RIGHT, SIDE SHUFFLE TO THE RIGHT STEP : R-L-R, TOUCH L TOE BEHIND RIGHT, UNWIND TURNING 180°LEFT TAKE WEIGHT ON L.(3.00)</p>
1, 2 & 3, 4 5, 6 7, 8 ##	<p>ACROSS, ROCK & ACROSS, 1/4 BACK, 1/2 FORWARD, ROCK, COASTER CROSS</p> <p>STEP R ACROSS IN FRONT OF LEFT, ROCK ONTO L, STEP R TOGETHER, STEP L ACROSS IN FRONT OF RIGHT, TURN 90° LEFT STEP R BACK, TURN 180° LEFT STEP L FORWARD, ROCK BACK ONTO R, COASTER:STEP L BACK, STEP R TOGETHER, STEP L ACROSS IN FRONT OF R. (6.00)</p>
1, 2 3 & 4 5, 6 7 & 8	<p>1/4 FORWARD, 1/2 BACK, 1/2 SHUFFLE FORWARD, PADDLE TURN, ACROSS-1/4 BACK-1/2 FORWARD</p> <p>TURN 90° RIGHT STEP R FORWARD, TURN 180° RIGHT STEP L BACK, TURN 180° RIGHT SHUFFLE FORWARD STEP : R-L-R, PADDLE : STEP L FORWARD, TURN 90° RIGHT TAKE WEIGHT ONTO R, STEP L ACROSS IN FRONT OF RIGHT, TURN 90° LEFT STEP R BACK, TURN 180° LEFT STEP L FORWARD. (3.00)</p>
1, 2 3, 4 5, 6 7, 8	<p>FORWARD, TOUCH & CLICK, FORWARD, TOUCH & CLICK, BACK (Option : Full Turn Monterey), TOUCH & CLICK, BACK, TOUCH & CLICK</p> <p>STEP R FORWARD, TOUCH L TOE TO THE SIDE & CLICK FINGERS, STEP L FORWARD, TOUCH R TOE TO THE SIDE & CLICK FINGERS, STEP R BACK (Option : Turn 360° Right Step R Together), TOUCH L TOE THE SIDE, STEP L BACK, TOUCH R TOE TO THE SIDE. (3.00)</p>
48	REPEAT THE DANCE IN NEW DIRECTION
1, 2 3, 4	<p>RESTART : On WALL 5 dance to BEAT 32 (##) ADD the following & RESTART to BACK.</p> <p>STEP R TO THE SIDE, TOUCH L TOE TOGETHER, STEP L TO THE SIDE, KICK R TO THE SIDE.</p>

