

One Life

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Count: 48 **Wall:** 4 **Level:** —

Choreographer: Gordon Elliott & Linda Pink. Australia. March 2019

Music: "One Life" By Helena Paparizou. Album: "One Life"

Begin on (Bad) "Boys, Bad Boys"

TOE-STRUTS FWD, RUN BACK RLR, LF MAMBO BACK, RF STEP PIVOT 1/4 L

1&2& Touch RF toe diagonally forward (1:00), Step heel down , Touch LF toe diagonally forward (11:00), Step heel down

3&4 Run back Right, Left, Right

5&6LF Rock back, RF recover, LF close together beside R

7-8 Step RF forward, Pivot 1/4 turn left (weight on left)

VINE RIGHT, SYNCOPATED SCISSORS, WEAVE LEFT, MAMBO LEFT

1-2 Step RF to right side, Step LF behind R

3&4 Rock RF to right side, Recover LF, Cross RF over left

5&6& Step Left to Left, Cross Right behind Left, Step Left to Left, Cross Left over Right

7&8 Rock LF to left side, Recover RF, Step LF together

WALK FORWARD, MAMBO FORWARD, WALK BACK, MAMBO BACK

1-2 Walk forward R,L

3&4 Rock forward on RF, Recover LF, Step back on RF

5-6 Walk back L,R

7&8 Rock back on LF, Recover RF, Step LF beside R

CROSS MAMBOS (RL), STEP-PIVOT 1/4 LEFT TWICE

1&2 Cross RF over LF, Recover LF, Step RF together

3&4 Cross LF over RF, Recover RF, Step LF together

5-6 Step RF forward, Pivot 1/4 turn left (weight on left)

7-8 Step RF forward, Pivot 1/4 turn left (weight on left)

REPEAT - No Tags, No Restarts

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