

“Just One Time”

Easy Intermediate 4 Wall Waltz (48 Counts)

Choreographer: Robbie McGowan Hickie (UK) April 2005

Choreographed To: “Somebody Stand By Me” by Faith Hill (124 bpm...48 Count intro) CD...“Faith”

Alternative: “New Way To Fly” by Garth Brooks (116 bpm...24 Count intro) CD...“No Fences”

Left Twinkle Half Turn Left. Cross Rock. Side Step.

- 1 – 2 Cross step Left over Right. Turn 1/4 turn Left stepping back on Right.
- 3 Turn 1/4 turn Left stepping Left to Left side. (*Facing 6 o'clock*)
- 4 – 6 Cross rock Right over Left. Recover weight on Left. Step Right to Right side and slightly back.

Left Twinkle Half Turn Left. Cross Rock. Side Step.

- 1 – 2 Cross step Left over Right. Turn 1/4 turn Left stepping back on Right.
- 3 Turn 1/4 turn Left stepping Left to Left side. (*Facing 12 o'clock*)
- 4 – 6 Cross rock Right over Left. Recover weight on Left. Step Right to Right side and slightly back.

Left Twinkle. Right Twinkle Quarter Turn Right.

- 1 – 3 Cross step left over Right. Step Right to Right side. Step Left in place.
- 4 – 6 Cross step Right over Left. Turn 1/4 turn Right stepping back on Left. Step Right to Right side.

Weave Right. Side Step. Drag.

- 1 – 3 Cross step Left over Right. Step Right to Right side. Cross Left behind Right. (*Facing 3 o'clock*)
- 4 – 6 **Long** step Right to Right side. Drag Left towards Right over 2 Counts. (Weight on Right)

One & Quarter Turn Left. Forward Rock. Step Back.

- 1 – 2 Turn 1/4 turn Left stepping forward on Left. Turn 1/2 turn Left stepping back on Right.
 - 3 Turn 1/2 turn Left stepping forward on Left. (*Facing 12 o'clock*)
 - 4 – 6 Rock forward on Right. Rock back on Left. **Long** step back on Right.
- Easier option: Counts 1 – 3 above ... Vine 1/4 turn Left.*

Lock Step Back Quarter Turn Left. Cross Rock. Side Step.

- 1 – 3 Lock Left across Right. Step back on Right. Turn 1/4 turn Left stepping Left to Left side.
- 4 – 6 Cross rock Right over Left. Recover weight on Left. **Long** step Right to Right side. (*Facing 9 o'clock*)

Cross. Unwind Full Turn Right. Hip Sways x 3.

- 1 – 3 Cross Left over Right. Unwind Full turn Right over 2 Counts. (Weight on Left)
- 4 – 6 Step Right to Right side swaying hips Right. Sway hips Left. Sway hips Right. (Weight on Right)

Quarter Turn Left. Ronde Quarter Turn Left. Right Twinkle.

- 1 Turn 1/4 turn Left stepping forward on Left. (*Facing 6 o'clock*)
- 2 – 3 Sweep Right out and around from back to front turning 1/4 turn Left (over 2 Counts).
- 4 – 6 Cross step Right over Left. Step Left to Left side. Step Right in place. (*Facing 3 o'clock*)

Start Again

Note: *The music “Somebody Stand By Me” is a very long track & has a long intro before the main beat kicks in ... Start the dance 48 Counts from the Main Beat ... The music slows down during Wall 9, slow down with the music, and finish the dance after the One & Quarter turn Left (Wall 9), to end Facing 12 o'clock Wall ... End the dance at this point although the music will start up again.*