

# Forward On One

**COPPER** **NOB**  
BY STEPHENETS

**Count:** 32

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Jamie Marshall (USA)

**Music:** Ain't It Funny - Jennifer Lopez



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## **STEP FORWARD RIGHT, ROCK, RECOVER, TURN 1 ½ LEFT, SIDE ROCK RIGHT, SAILOR WITH ¼ LEFT TURN**

- 1-2-3 Step forward right, rock forward left, recover on right  
4&5 Turn ½ left stepping forward on left, turn ½ left stepping back on right, turn ½ left stepping forward on left  
6-7 Rock side right, recover on left  
8& Cross right behind left, turn ¼ left stepping forward on left

## **STEP FORWARD RIGHT, ROCK, RECOVER, TURN 1 ½ LEFT, SIDE ROCK RIGHT, SAILOR WITH ¼ LEFT TURN**

- 9-16 Repeat steps 1-8

## **STEP FORWARD RIGHT, ROCK, RECOVER, BACK LOCK STEP, BACK STEPS WITH ATTITUDE**

- 17-18-19 Step forward right, rock forward left, recover on right  
20&21 Step back left, cross right over left, step back on left  
&22 Step back right, touch left toe forward with raised heel slightly turning body to right  
&23 Step back left, touch right toe forward with raised heel slightly turning body to left  
&24 Step back right, touch left toe forward with raised heel slightly turning body to right

**Steps &22-24 may be danced with knee pops or moon walk**

## **STEP FORWARD RIGHT, ¼ TURN LEFT, WEAVE RIGHT, STEP TOGETHER, COASTER**

- &25-26-27 Step left next to right, step forward right, turn ¼ left stepping on left, step right to right  
28&29-30 Cross left behind right, step right to right, cross left over right, step right next to left  
31&32 Step back on left, step right next to left, step forward on left

**REPEAT**

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