

One More Time

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Beginner
编舞者: Ann-Kristin Sandberg (NOR) - September 2014
音乐: Olé - Adelen : (iTunes)



INTRO: 32 counts (15 sec)

WALK x 2-SHUFFLE-STEP-PIVOT ½ TURN R-STEP-PIVOT ½ TURN R

1-2 Step right foot forw, Step left foot forw
3&4 Step right foot forw, Step left next to right, Step right foot forw
5-6 Step left forw, Pivot ½ turn right stepping right forw (06)
7-8 Step left forw, Pivot ½ turn right stepping right forw (12)

JUMP DIAGONAL FORW L-HOLD-JUMP DIAGONAL FORW R-HOLD-OUT-OUT-BACK-BESIDE

&1-2 Step left diagonal forw to left, Touch right next to left, Hold
&3-4 Step right diagonal forw to right, Touch left next to right, Hold
5-6 Step left to left side, Step right to right side
7-8 Step left back, Step right next to left

**(OPTION ARMS on count 5-6-7-8 : Arms up & wave from side to side...L-R-L-R)
(Instead of jumps..do Step,touch on count 1-2-3-4)**

ROCK RECOVER-CROSS SHUFFLE-ROCK RECOVER-CROSS SHUFFLE

1-2 Step left to left side, Recover onto right
3&4 Cross left over right, Step right to right side, Cross left over right
5-6 Step right to right side, Recover onto left
7&8 Cross right over left, Step left to left side, Cross right over left

ROCK RECOVER-1/4 TURN L-STEP BACK-TOUCH BACK-FORW-TOUCH-FORW-TOUCH

1-2 Step left to left side, Recover onto right
3-4 ¼ turn left stepping left back, Touch right toe back (09)
5-6 Step right diagonal forw to right, Touch left next to right
7-8 Step left diagonal forw to left, Touch right next to left

ENJOY & MOVE YOUR BODY TO THE MUSIC!!

Contact: anne88@online.no