

# One & Fifty

**COPPER KNOB**  
STEPSHEETS

拍数: 32      墙数: 2      级数: Beginner  
编舞者: Partyfor2 (ES) - May 2014  
音乐: I'm Ragged But I'm Right - Blaine Gray



Intro: 16 counts

## STEPS FORWARD (RIGHT-LEFT-RIGHT-LEFT), SHUFFLE BACK RIGHT, ROCK BACK LEFT, ¼ LEFT TURN RECOVER

1-4            Step right forward, step left forward, step right forward, step left forward  
5&6            Chassé back right-left-right  
7-8            Step left back, turn ¼ left (weight to right) (9:00)

## STEPS FORWARD (LEFT-RIGHT-LEFT-RIGHT), SHUFFLE BACK LEFT, ROCK BACK RIGHT, RECOVER

1-2            Step left forward, step right forward, step left forward, step right forward  
5&6            Chassé back left-right-left  
7-8            Rock right back, recover to left

## STEP TURN ½ LEFT, HEEL SWITCHES (RIGHT-LEFT), STEP TURN ½ LEFT, KICK BALL CHANGE RIGHT

1-2            Step right forward, turn ½ left (weight to left) (3:00)  
3&4&          Touch right heel forward, step right together, touch left heel forward, step left together  
5-6            Step right forward, turn ½ left (weight to left) (9:00)  
7&8            Right kick ball change

## ROCK FORWARD RIGHT, RECOVER, SHUFFLE TURN ½ RIGHT, ROCK FORWARD LEFT, RECOVER, SHUFFLE ¾ TURN LEFT

1-2            Rock right forward, recover to left  
3&4            Chassé back right-left-right turning ½ right (3:00)  
5-6            Rock left forward, recover to right  
7&8            Chassé back left-right-left turning ¾ left (6:00)

REPEAT

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