

One of Us is Stronger

COPPERKNOB
STEPSHEETS

拍数: 96 墙数: 2 级数: Phrased High Intermediate waltz
编舞者: Jessica Boström (SWE) - October 2015
音乐: One of Us - Guy Sebastian



(Start after 24 counts, 11 secs in)

Phrasing: A, A*, B, B*, Tag 1, A, A*, B, B*, A**, Tag 2, B, B, B, short B until music ends
(please look at the video for preferences)

A – 48 counts

A1: Cross. Point. Hold. Cross. Point. Hold. Cross with a ¼ R. Point. Hold. Cross. ¼ L. ½ L.

- 1 - 3 Cross R over L. Point L to L side. Hold.
4 - 6 Cross L over R. Point R to R side. Hold.
7 - 9 Cross R over L while Turning ¼ R. Point L to L side. Hold. (3.00)
10 - 12 Cross L over R. ¼ L stepping R Back. ½ L stepping L Forward. (6.00)

A2: Cross. Point. Hold. Cross. Point. Hold. Cross with a ¼ R. Point. Hold. Cross. ¼ L. ½ L.

- 1 - 3 Cross R over L. Point L to L side. Hold.
4 - 6 Cross L over R. Point R to R side. Hold.
7 - 9 Cross R over L while Turning ¼ R. Point L to L side. Hold. (9.00)
10 - 12 Cross L over R. ¼ L stepping R Back. ½ L stepping L Forward. (12.00)

A3: Rock Forward. Recover. Step Back. Step Back. Sweep. Weave Left. Side. Drag. Touch.

- 1 - 3 Rock Forward on R. Recover onto L. Step back on R.
4 - 6 Step Back L. Sweep Right out and around from front to back (over 2 Counts).
7 - 9 Cross R Behind L. Step L to L Side. Cross R over L.
10 - 12 Step L to L side. Drag R towards L over 2 counts ending in a touch R beside L. (12.00) A**

A4: 1/8 Turn R Basic Waltz Forward. Cross. 1/8 L. 1/8 L. Back. 1/8 L. ¼ L. Side Rock. Step.

- 1 - 3 1/8 Turn R Step Forward on R. Step L beside R. Step R Forward. (1.30)
4 - 6 Cross L over R. 1/8 L Step R to R Side. 1/8 Turn L Step Back on L. (10.30)
7 - 9 Step Back on R. 1/8 Turn L Stepping L to L Side. Turn ¼ L Step Forward on R. (6.00)
10 - 12 L Side Rock. Recover on R. Step Forward L. (6.00)

B – 48 counts

B1: 1/8 R Sway Forward. Sway Back. Step. ½ Turn L. ½ Turn Left. Press Forward. Hold x 2.

- 1 - 3 1/8 Turn R Sway Forward Diagonally over 3 counts on L. (towards 1.30)
4 - 6 Sway Back over 3 counts on R.
7 - 9 Step forward on L. ½ Turn Left Step R Back. ½ Turn L Step L Forward. (1.30)
10 - 12 Press R Forward. Hold 2 counts (1.30)

B2: Back. Lock. Back. Back. Sweep. Sailor Step. Back. Sweep.

- 1 - 3 Step Back L. Cross Lock R over L. Step Back on L. (1.30)
4 - 6 Step Back on R. Sweep L out and around from front to back (over 2 Counts). (squaring up to 12.00)
7 - 9 Cross L Behind R. Step R to R Side. Step L to L Side.
10 - 12 Step Back on R. Sweep L out and around from front to back (over 2 Counts). (12.00)

B3: Weave Right. Side. Back Rock. Side. Back Rock. Side. Back Rock.

- 1 - 3 Cross L Behind R. Step R to R Side. Cross L over R.
4 - 6 Step R to R Side. Rock Back L. Recover on R.
7 - 9 Step L to L Side. Rock Back on R. Recover on L.

10 - 12 Step R to R Side. Rock Back on L. Recover on R. (12.00)

B4: $\frac{3}{4}$ Turn L Basic Waltz. $\frac{1}{2}$ Turn L Basic Waltz. Rock Forward. Recover. Step Together. Step Turn $\frac{1}{4}$ L. Step Together.

- 1 - 3 $\frac{1}{4}$ L Step Forward on Left. $\frac{1}{4}$ Turn Left Stepping Right to Right Side. $\frac{1}{4}$ Turn Left Stepping Left Back. (3.00)
- 4 - 6 Step Back on Right. $\frac{1}{4}$ Turn Left Stepping Left to Left Side. $\frac{1}{4}$ Turn Left Stepping Forward on Right. (9.00)
- 7 - 9 Rock Forward on L. Recover on R. Step Together on L.
- 10 - 12 Step Forward on R. $\frac{1}{4}$ Turn L (weight on L). Step Together on R. (6.00)

Tag 1 (facing 12.00)

Rock Forward. Recover. Back. Back. Sweep. Behind. Side. Forward. Step Forward. Hold x 2.

- 1 - 3 Rock Forward on R. Recover on L. Step Back on R
- 4 - 6 Step Back on L. Sweep R out and around from front to back (over 2 Counts).
- 7 - 9 Step R Behind L. Step L to L Side. Step Forward on R.
- 10 - 12 Step Forward on L. Hold for 2 counts.

Tag 2 (facing 12.00, ends facing 6.00), try to hit the counts in the music

$\frac{1}{4}$ R. $\frac{1}{2}$ R. $\frac{1}{4}$ R Step Out. Step Out. Hold x 2. Cross. $\frac{1}{4}$ R. $\frac{1}{4}$ R Step Out. Step Out. Hold x 2.

- 1 - 3 $\frac{1}{4}$ Turn R Step R Forward. $\frac{1}{2}$ Turn R Step L Back. $\frac{1}{4}$ R Step out R.
- 4 - 6 Step Out L. Hold 2 counts.
- 7 - 9 Cross R over L. $\frac{1}{4}$ R stepping L Back. $\frac{1}{4}$ R Step Out R.
- 10 - 12 Step Out on L. Hold for 2 counts. (6.00)

- 1 - 3 Throw your R arm in a semi-circle from right hip and up crossing you left side. Spread you finger on your way up (for styling look towards R hand).
- 4 Close your fingers and make a fist.
- 5 - 6 Pull your fist down, hitting the beat on 6 where he stops singing. Here it's a small break in the music, put you weight on R ready to start B when the music starts again.

A*
When going from A into B you change last step of A, make a Touch with L instead of Step Forward, ending with you weight on R, ready to start with L on count 1 of B.

A**
Do up to and including count 36 of A, then do Tag 2.

B*
When going from B into A or Tag 1 you change the last step of B, make a Touch with R instead of Step Together, weight on L ready to start A or Tag 1.

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Please do not alter this step sheet in anyway.

Last Update - 15th Dec. 2015
