

One Grain Of Sand

COPPER KNOB
STEPSHEETS

拍数: 96 墙数: 1 级数: Phrased Intermediate / Advanced
编舞者: Amanda Rizzello (FR) - January 2016
音乐: One Grain of Sand - Ron Pope



Phrased dance :ABC ABC CBB CCC
A=32 counts B =32 counts C =32 counts

Part A – 32 counts

A1 : TRIPLE STEP DIAGONALLY X2 FORWARD , SAILOR STEP, SAILOR HALF TURN

1&2 Step diagonally forward right , Step left next to right,step forward right
3&4 Step diagonally forward left, Step right next to left,step forward left
5&6 Cross right behind left, Step left to left side, Step right next to left
7&8 Cross left behind right, ½ turn L Step right to right side, Step left next to right (6:00)

A2 : TOUCH, HITCH ¼ TURN LEFT, BIG STEP , BEHIND SIDE CROSS,SWITCH X2 , ROCK STEP FORWARD

1&2 step right touch beside left, ¼ turn left with hitch right, big step side right (3:00)
3&4 Step L behind R, Step R side , cross L in front of R
5&6 Point right to right side ,Close right next to left, Point left to left side,
&7-8 Close left,Rock forward right, Recover on left

A3 : TRIPLE STEP BACK X2 ,TOUCH ¾ TURN RIGHT, KICK BALL TOUCH

1&2 Step back right, Step left next to right, step back right
3&4 Step back left, step right next to left, step back left
5-6 Touch right behind left , ¾ turn right ,recover on right (12:00)
7&8 kick left front, left beside right, touch right beside left

A4 : ROCK STEP FORWARD ,COASTER STEP ,ROCK STEP SIDE ,CROSS SHUFFLE

1-2 Step right forward, recover on left
3&4 Step back on right, Step left next to right, Step forward right
5-6 Rock left to left side, Recover on right
7&8 Cross left over right, Step right to right side, Cross left over right

Part B – 32 counts

B1 : STEP OUT,HOLD,ROCK STEP SIDE ,CROSS HOLD,ROCK STEP SIDE

1-2 Step right to right side, hold
3-4 Rock left to left side, Recover on right
5-6 Cross left over right ,hold
7-8 Rock right, Recover on left

B2 : WEAVE ¼ TURN LEFT,SWEEP ¾ TURN LEFT ,ROCK STEP FORWARD

1-2 Cross right front left, step left to left side
3-4 Cross right behind left , ¼ turn left step left forward
5-6 ¾ turn left with sweep right
7-8 Step right forward, recover on left (12:00)

B3 : BIG STEP BACK ,HOLD,ROCK STEP SIDE ,CROSS HOLD ,ROCK STEP SIDE

1-2 Big step back right, hold
3-4 Rock left to left side, Recover on right
5-6 Cross left over right ,hold
7-8 Rock right to right side, Recover on left

B4 : WEAVE ¼ TURN LEFT, SWEEP ¾ TURN LEFT, ROCK STEP FORWARD

- 1-2 Cross right over left, step left side left
- 3-4 Cross right behind left, ¼ de turn left step left forward
- 5-6 ¾ turn left with sweep right
- 7-8 Step right forward, recover on left (12:00)

Part C – 32 counts

C1 : TRIPLE STEP DIAGONALLY , ½ TURN TRIPLE BACK DIAGONALLY ½ TURN TRIPLE STEP DIAGONALLY ,KICK BALL TOUCH

- 1&2 Step right forward diagonally right, left beside right, step right diagonally forward (1 :30)
- 3&4 ½ turn right back on left diagonally back , right step beside left,back on left (7 :30)
- 5&6 ½ turn right, step right diagonally right, left beside right, step right diagonally right (1h30)
- 7&8 kick left, left in place, right touch beside left

C2 : TRIPLE BACK DIAGONALLY ,½ TURN TRIPLE STEP DIAGONALLY ,1/8 LEFT, STOMP HOLD ,SAILOR STEP

- 1&2 Back on right, left beside right, back on right (diagonally back right) (1:30)
- 3&4 ½ turn left, step left forward, right beside left, step left forward (diagonally forward left) (7 :30)
- 5-6 1/8 turn left step right to right side , hold (6:00)
- 7&8 Cross left behind right, Step right to right side, Step left next to right

C3 : SAILOR STEP,WEAVE,HITCH 1/8 TURN BIG STEP HOLD,ROCK STEP FORWARD

- 1&2 Step right cross behind left, step left to side left, step right to side right
- 3&4 Cross left front right, step right to side right , cross left behind
- &5-6 Hitch right, 1/8 turn right big step to right side, hold (7 :30)
- 7-8 Rock forward left , Recover on right

C4 : HITCH X2, SAILOR STEP ,TOUCH 3 /8 TURN ,HOLD ,CLAP X2

- 1-2 Back left with hitch left , back right with hitch right
- 3&4 Cross left behind right, Step right to right side, Step left next to right
- 5-6 Touch right behind left , 3/8 turn right, recover on left (12:00)
- 7&8 Hold , clap hand x2

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