

Just One Time

COPPERKNOB
BY STEPHEN METZ

拍数: 32 墙数: 4 级数: Improver
编舞者: Heather Gronow (UK) - January 2018
音乐: Just One Time - Jamie O'Neal



#16 count Intro:

Sec 1 : Walk fwd R,L, Shuffle RLR, Step pivot ½, Shuffle LRL

1 – 2 Walk fwd Right, Left
3 & 4 Step R fwd, close Left to Right, Step R fwd
5 – 6 Step fwd Left, Pivot ½ turn to R (weight now on R)
7 & 8 Step L fwd, close Right to Left, Step L fwd

Sec 2 : Step pivot ¼, Cross Shuffle R over L, Side, behind, side rock and cross

1 – 2 Step fwd Right, Pivot ¼ turn left (weight on L)
3 & 4 Cross R over L, bring L behind R, Cross R over L
5 – 6 Step L to left side, Cross R behind
7 & 8 Rock L to left side, recover to R, Cross L over R

Sec 3 : Side behind, Shuffle ¼, Step pivot ½, Shuffle ½

1 – 2 Step R to right side, Cross L behind
3 & 4 Step R to right side, step L tog, step R ¼ turn to right
5 – 6 Step fwd Left, Pivot ½ turn to R (weight now on R)
7 & 8 Shuffle ½ turn to right, stepping L,R,L,

Sec 4 : Walk back R,L, Chasse ¼, Cross rock, Coaster step

1 - 2 Walk back Right, Left
3 & 4 Step ¼ turn R to right, close L tog, step R to side
5 – 6 Cross rock Left over Right, recover onto R
7 & 8 Step back on Left, Step Right tog, Step fwd Left

No Tags or Restarts, just dance and enjoy
