

One Shot at a Time

COPPER KNOB
BY STEPHENETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Magali CHABRET (FR) - October 2018
音乐: One Shot - Hunter Hayes : (CD: One Shot)



#16 counts intro (11s)

S1 – HEEL SWITCHES, POINT, TOUCH, POINT, SAILOR ¼ TURN R, BALL STEP, STOMP, STOMP

- 1& Touch right heel forward – step Rf beside Lf
2& Touch left heel forward – step Lf beside Rf
3&4 Point right toe to right side – touch Rf beside Lf – point right toe to right side
5&6 Step ball of Rf behind Lf – turn 1/4 right stepping Lf slightly beside Rf – step Rf forward (3:00)
&7 Step ball of Lf next to Rf – step Rf forward
&8 Stomp Lf next to Rf – stomp Rf in place

S2 – TAP, TAP, STEP, TAP, TAP, STEP, CROSS, ¼ L, L CHASSE

- 1&2 Tap left toe slightly on left diagonal – tap left toe a little further – step Lf diagonally forward left
3&4 Tap right toe slightly on right diagonal – tap right toe a little further – step Rf diagonally forward right
5-6 Cross Lf over Rf – turn 1/4 left stepping back on Rf (12:00)
7&8 Step Lf to left side – close Rf next to Lf – step Lf to left side

* Restart here, wall 4

S3 – STEP FWD, CLAP, STEP FWD, CLAP, TRIPLE FWD, STEP, TOUCH, BACK, TRIPLE ½ TURN L

- 1&2& Step Rf forward – clap hands – step Lf forward – clap hands
3&4 Step Rf forward – step Lf beside Rf – step Rf forward
5&6 Step Lf forward – touch right toe behind left heel – step back on Rf
7&8 Turn 1/4 left stepping Lf to side – close Rf beside Lf - turn 1/4 left stepping Lf forward (6:00)

S4 – ¼ L, DRAG, KICK BALL CROSS, L SIDE ROCK, CLOSE, R SIDE ROCK

- 1-2 Turn 1/4 left with a long step Rf to right side – drag Lf towards Rf and touch Lf beside Rf (3:00)
3&4 Kick Lf diagonally forward left – step ball of Lf beside Rf – cross Rf over Lf
5-6 Rock Lf to left side – recover onto Rf
&7-8 Step Lf next to Rf – Rock Rf to right side – recover onto Lf

Restart : wall 4, dance 16 counts, then restart the dance facing 9:00

« Croquez la vie à pleines danses ! » Magali Chabret - galicountry76@yahoo.fr - www.galichabret.com
Fiche originale de la chorégraphe. Merci de ne pas modifier ces pas de quelque manière que ce soit.