

One Night Only

COPPER KNOB
BY STEPHEN METZ

拍数: 32 墙数: 4 级数: Beginner
编舞者: Mathew Sinyard (UK) - February 2020
音乐: One Night Only (Disco Version) - Sharon Leal, Anika Noni Rose & Beyoncé



Intro: 16 Counts from main beat (Approx.32 seconds).

Section 1: Weave Left Point, Weave Right Point.

- 1 – 4 Cross right foot in front of left, step left foot to left side, cross right foot behind left, point left foot to left side.
5 – 8 Cross left foot in front of right, step right foot to right side, cross left foot behind right, point right foot to right side.

Section 2: Cross Point, Cross Point, Jazz Box ¼ Right Cross.

- 1 – 4 Cross right foot in front of left, point left foot to left side, Cross left foot in front of right, point right foot to right side.
5 – 8 Cross right foot in front of left, make ¼ right stepping back on left foot, step right foot to right side, cross left foot in front of right.

Section 3: Side Toe Strut, Rock Back, Recover, Side Toe Strut, Rock Back, Recover.

- 1 – 4 Step right toe to right side, step down on to right foot, rock left foot behind right, recover on to right foot.
5 – 8 Step left toe to left side, step down on to left foot, rock right foot behind left, recover on to left foot.

Section 4: Rocking Chair, Walk ½ Turn Left.

- 1 – 4 Rock forward on right foot, recover on to left, rock back on right foot, recover on to left.
5 – 8 Walk a ½ turn left (like a semi-circle) stepping right, left, right, left.

Enjoy X.

Email: - mat@inlinewedance.co.uk Website:- inlinewedance.co.uk
