

She's the One

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 1 级数: Phrased Improver
编舞者: Ed Williams - March 2020
音乐: Nobody - Ne-Yo : (Album: Year of the Gentleman)



Start dance after 32 Counts of music as lyrics begin (about 16 seconds)

Part 1

[1-8] SAILOR L, 1/4 TURN R, SLIDE W/ 1/4 TURN L, STEP BACK

1&2, 3-4 Step L behind R, Step R to Side, Step L to Side, Turn R 1/4 Step R Fwd, Touch L Beside R
5-8 Step L to Side, Slide R toward L Turning 1/4 L, Step R Back, Touch L Beside R

[9-16] 1/2 TURN L, FWD TOUCH, SIDE TOUCH, SAILOR

1-4 Touch L Back, 1/2 Turn L (weight remains on R), Touch L Fwd, Touch L to Side
5&6, 7-8 tep L behind R, Step R to Side, Step L to Side, 1/4 Turn R Stepping R Fwd, Touch L Beside R

[17-24] 1/4 TURN L, STEP BACK, 1/2 TURN L, TOUCH FWD, CLOSE L

1-4 Step L to Side, Slide R toward L Turning 1/4 L, Step R Back, Touch L Beside R
5-8 Touch L Back, 1/2 Turn L (weight remains on R), Touch L Fwd, Step L Beside R

[25-32] STEP FWD WITH TOUCH (2X), STEP BACK WITH TOUCH (2X)

1-4 Step R Fwd Diagonal, Touch L Beside R, Step L Fwd Diagonal, Touch R Beside L
5-8 Step R Back Diagonal, Touch L Beside R, Step L Back Diagonal, Touch R Beside L

PART 2 (REPEAT THIS PART 4 TIMES)

[1-32] BALL STEP, CROSS, SIDE, HEEL, 1/4 TURN R, 5 KICKS FWD

&1&2 Step R Beside L, Cross L Over R, Step R to side, Touch L Heel Fwd
&3&4 1/4 Turn R Stepping Down on L, Step R Beside L, Step L Slightly to Side, Kick R Fwd
&5&6 Step R Beside L, Kick L Fwd, Step L Beside R, Kick R Fwd
&7&8 Step R Beside L, Kick L Fwd, Step L Beside R, Kick R Fwd

Submitted by - Steve Cavanaugh: steve@appleblossom.net