

She's the One

COPPER KNOB
BY STEPSHEETS

拍数: 40 墙数: 2 级数: Beginner
编舞者: Noah Sierra (USA) - November 2021
音乐: She's the One - The Cockroaches



(32 intro counts)

STEP R, TWIST HEEL (R, L, R) STEP L, TWIST HEEL (L, R, L)

1-4 Step RF forward, twist R heel to R side, twist L heel to L side, twist R heel to R side.
5-8 Step LF forward, twist L heel to L side, twist R heel to R side, twist L heel to L side.

BOX STEP R, HOLD, BOX STEP L, HOLD.

1-2 Cross RF over LF, step LF backwards.
3-4 Step RF to R side, hold count 4.
5-6 Cross LF over RF, step RF backwards.
7-8 Step LF to L side, hold count 8.

R STEP DIAGONAL, L STEP DIAGONAL, R STEP DIAGONAL X2.

1-2 Step RF forward diagonally, touch LF on RF.
3-4 Step LF backwards diagonally, touch RF on LF.
5-6 Step RF backwards diagonally, step LF on RF.
7-8 Step RF backwards diagonally, step LF on RF.

PIVOT ½, TOUCH R HEEL, TOUCH L HEEL X2.

1-2 Step RF forward, pivot ½ over L shoulder.
3-4 Touch R heel forward, step RF on LF.
5-6 Touch L heel forward, touch LF on RF.
7-8 Touch L heel forward, step LF on RF.

HITCH R, HITCH L, WALK BACK X2, WALK FORWARD X2.

1-2 Hitch R knee up, step RF on LF.
3-4 Hitch L knee up, step LF on RF.
5-6 Walk RF backwards, walk LF backwards.
7-8 Walk RF forward, walk LF forward.

Please do not alter this step sheet in any way. If you would like to use on your website, please make sure it is in its original format and include all contact details on this script.

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