

The One

COPPER **NOB**
BY STEPHEN

拍数: 32 墙数: 4 级数: Improver
编舞者: Adeline Cheng (MY), Aprillia Munarwati (INA), Yulia P M (INA) & Happy Dancing Club (INA) - August 2022
音乐: One Last Time - Ariana Grande



Intro 16 counts

SECTION 1 : BOTAFOGO, STEP FORWARD, TOUCH BESIDE, SAILOR ¼ L

1 & 2 Cross RF Over LF, Step LF To Side, Recover On RF
3 & 4 Cross LF Over RF, Step RF To Side, Recover On LF
5 – 6 Step RF Forward, Touch LF beside RF
7 & 8 Turn ¼ L Cross LF Behind RF (facing 9.00), Step RF to side, Step LF to side

SECTION 2 : V STEP ¼ TURN R, CROSS ¼ TURN R TOUCH SIDE, CROSS BEHIND TOUCH SIDE

1 – 2 Step RF Diagonal Forward, Step LF Diagonal Forward
3 – 4 Turn ¼ R Step RF To Side (facing 12.00), Step LF Beside RF
5 – 6 Turn ¼ R Step RF Over LF (facing 3.00), Touch LF to L Side
7 – 8 Step Back LF behind RF, Touch RF to R Side

SECTION 3 : SYNCOPATHED WEAVE L, CROSS ROCK RECOVER, SHUFFLE ¼ TURN R

1&2& Cross RF Over LF, Step LF to Side, Cross RF Behind LF, Step LF to Side
3&4& Cross RF Over LF, Step LF to Side, Cross RF Behind LF, Step LF to Side
5 – 6 Cross RF Over LF, Recover LF
7 & 8 Step RF to Side, Step LF beside RF, Turn ¼ R Stepping RF Forward (facing 6.00)

SECTION 4 : TRIPLE TURN ¾ L, DIAGONAL FORWARD TOUCH, DIAGONAL BACK TOUCH

1 – 2 Step LF Forward, Recover on RF
3 & 4 Turn ½ Step LF Forward (facing 12.00), Step RF Beside LF, Turn ¼ L Step LF Forward (facing 9.00)
5 – 6 Step RF Diagonal Forward, Touch LF Beside RF
7 – 8 Step LF Diagonal Back, Touch RF beside LF

NO TAG NO RESTART

HAVE FUN & ENJOY THE DANCE!!

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