

One, Two Step

COPPERKNOB
STEPSHETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Krista Young (USA) - November 2022
音乐: One, Two Step (feat. Missy Elliott) - Ciara



Intro: 32 counts

[1-8] Step Step, Kick Ball Change, Rock-Rec, ½ Turn Shuffle Step

1-2 Step R ft fwd, step L ft fwd
3&4 Kick R ft fwd, step R ft back, step L ft fwd
5-6 Rock R ft fwd, recover on L
7&8 Step R ft back into ¼ turn R, step L ft together, ¼ turn R into step R ft fwd

[9-16] Rock-Rec, Coaster Step, Tap Tap, Scuff Turn

1-2 Rock fwd on L, recover on R
3&4 Step L ft back, step R ft together, step L ft fwd
5&6 Tap R ft to R side, step R ft together, tap L ft to L side
7-8 Scuff L ft (knee up), ¼ turn L

[17-24] Step Tap, Step Rock-Rec Step, Hop Heel Hop Step

1-2 Step L ft fwd, tap R heel fwd
3-4 Step R ft back, rock back on L
5-6 Recover on R, step L ft together
&7&8 Hop onto R ft, tap L heel fwd/L, hop L ft together, step R ft together

[25-32] Paddle Turns, Kick Ball Taps

1-2 Step R ft fwd, ¼ turn L
3-4 Step R ft fwd, ¼ turn L
5&6 Kick R ft fwd, step R ft together, tap L ft to L side
7&8 Kick L ft fwd, step L ft together, tap R ft to R side

Tag: 4 extra counts between 4th and 5th repetitions

1-2 Rock fwd on R ft, recover on L
3-4 Rock back on R ft, recover on L
