

Keeping Dreams Alive

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver
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音乐: One Step At a Time - Jordin Sparks



Intro: 16 counts, instrumental

S1: WALK R L, SCISSORS, ROCK FORWARD, RECOVER, STEP LOCK STEP BACK

1-2 R walk (slightly cross front), L walk (slightly cross front)
3&4 R step side, L step next to R, R cross (slightly) front
5-6 L rock forward, R recover
7&8 L step back, R lock step back, L step back

S2: ROCK BACK, RECOVER, 1/2 TURNING SHUFFLE L, ROCK BACK, KICK BALL CROSS

1-2 R rock back, L recover
3&4 R step forward 1/4 Turn L, L step 1/4 Turn L, R step back
5-6 L rock back, R recover
7&8 L kick forward and down (7 and), R forward cross

S3: SIDE ROCK, RECOVER, CROSS SAMBA, JAZZ BOX 1/4 TURN R WITH POINT

1-2 L step side, R recover
3&4 L step cross front, R step side, L recover slightly back
5-6 R cross front, L step back 1/4 turn R
7-8 R step side, L point to side

S4: CROSS, POINT, COASTER STEP, STEP, 1/2 TURN L, 1/2 TURNING SHUFFLE L

1-2 L cross front, R point to side
3&4 R step back, L back next to R, R step forward
5-6 L step forward, R step 1/2 turn L
7&8 L step 1/4 turn L, R step 1/4 turn L, L step forward

RESTART: Modified first 16 counts – S1 same, S2 last two counts 7&8 KICK, STEP, TOUCH

At wall 4, starting at 3 o'clock, 16 counts, facing 9 o'clock, restart

At wall 9, starting at 9 o'clock, 16 counts, facing 3 o'clock, restart

S1: WALK R L, SCISSORS, ROCK FORWARD, RECOVER, STEP LOCK STEP BACK

S2: ROCK BACK, RECOVER, 1/2 TURNING SHUFFLE L, ROCK BACK, RECOVER, KICK, STEP DOWN, TOUCH

1-2 R rock back, L recover
3&4 R step forward 1/4 Turn L, L step 1/4 Turn L, R step back
5-6 L rock back, R recover
7&8 L kick forward and step down (7 and), R touch next to L

ENDING: Last wall face front. Complete 32 counts

Last section: CROSS, POINT, COASTER STEP, STEP, 1/2 TURN L, 1/4 TURN L SIDE SHUFFLE, FACE FRONT

SNAP RIGHT FINGERS 4 TIMES, IN TIME WITH 4 RIGHT HEEL CLICKS

Last Update: 18 Oct 2023