

One Step At A Time 2023

COPPER KNOB
BY STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Miyeon Oh (KOR) - August 2023
音乐: One Step At a Time - Jordin Sparks



INTRO: After 16 Counts

RESTART: Wall 4 – After 16 Count

SEC 1 : VINE STEP, TOUCH, VINE STEP 1/4 TURN, TOUCH

1-4 Step RF to side, Step LF to back, Step RF to side, Touch LF next to RF
5-8 Step LF to side, Step RF to back, Step LF 1/4 turn(9:00), Touch RF next to LF

SEC 2 : MAMBO CROSS, MAMBO CROSS, PIVOT 1/2 TURN, WALK, WALK

1&2 Step RF to side, recover LF, Step RF to cross
3&4 Step LF to side, recover RF, Step LF to cross
5-6 Step RF forward 1/2 turn L LF on place(3:00)
7-8 Walk RF forward, Walk LF forward

(Wall 4 – After 16 Count RESTRT)

SEC 3 : ANCHOR STEP, BACK LF, POINT R, SIDE SWITCHES

1&2 RF step ball of behind LF, LF step in place, RF step slightly back
3-4 Step LF to back, Touch RF to side
5-6 Step RF to cross, Touch LF to side
&7-&8 LF next to RF, RF side touch to R, RF next to LF, LF side touch to L

SEC 4 : HEEL SWIBL(L), HEEL SWIBL(R), HEEL SWIBL(Lx2), HEEL SWIBL(R), HEEL SWIB(L), HEEL SWIBL(Rx2)

1&2& LF heel in, out, RF heel in, out
3&4& LF heel in, out x 2
5&6& RF heel in, out, LF heel in, out
7&8 RF heel in, out, in

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I hope everyone is happy with the line dance.