

One More Day

COPPER KNOB
STEPSHEETS

拍数: 36 墙数: 4 级数: High Improver
编舞者: Chatti the Valley (ES) & Adela Ortega (ES) - November 2023
音乐: One More Day - Clay Davidson



Intro: 36c

[1-8]: Left Side ROCK STEP, CROSS SHUFFLE, Right HEEL GREEN, ¼ TURN, COASTER STEP.

1 Step left to left side
2 Recover weight on right
3 Cross left over right
& Step right to right side
4 Cross left over right
5 Touch right heel forward
6 ¼ turn right on right heel, step left back (3:00)
7 Step right back
& Step left back, beside right foot
8 Step right forward

[9-16]: Left ROCK STEP, Left SAILOR STEP ½ TURN, Right & Left SHUFFLES.

1 Step left forward
2 Recover weight on right
3 ½ turn left, step left behind right foot (9:00)
& Step right to right side
4 Step left forward
5 Step right forward
& Step left forward, near right foot
6 Step right forward
7 Step left forward
& Step right forward, near left foot
8 Step left forward

[17-24]: Right ROCK STEP, Right SHUFFLE ½ TURN Back, Left CHASSE ¼ TURN, Right SAILOR STEP.

1 Step right forward
2 Recover weight on left foot
3 ¼ turn right, step right to right side
& Step left beside right foot
4 ¼ turn right, step right forward (3:00)
5 ¼ turn right, step left to left side
& Step right beside left foot
6 Step left to left side (6:00)
7 Step right behind left foot
& Step left to left side
8 Step right to right side

[25-32]: Left SAILOR STEP ¼ TURN, Right STEP, Left Back POINT, Left Back SHUFFLE, Right COASTER STEP.

1 ¼ turn left, step left behind right foot
& Step right to right side
2 Step left to left side (3:00)
3 Step right forward
4 Touch left toe back to right foot

- 5 Step left back
- & Step right back, near left foot
- 6 Step left back
- 7 Step right back
- & Step left back, beside right foot
- 8 Step right forward

[33-36]: Right STEP TURN, L-R WALK.

- 1 Step left forward
- 2 ½ turn right, weight on right foot (9:00)
- 3 Step left forward
- 4 Step right forward

START AGAIN

TAGS: At the end of second and fifteen wall (2^a i 5^a), added these 4 extras counts and started the dance again.

[1-4]: Left JAZZ BOX, Cross.

- 1 Cross left over right foot
- 2 Step right back
- 3 Step left to left side
- 4 Cross right over left

ENDING: During eight wall (8^a), dance until count 18 (Right ROCK STEEP) and change the Shuffle ½ Turn (counts 19&20) for a Right COASTER STEP.
