

One Night a Week

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Georgie Mygrant (USA) - May 2024
音乐: Changed Everything - Austin Burke



Intro: 32 counts

Rocking Chair 2x's

1-8 Step R fwd. Step back on L, Step R back, Return Fwd. to L, Repeat once more

Turning K Step

1-4 Step R fwd. diagonal, touch L to R, Step back on L turning $\frac{1}{4}$ R, touch R to L

5-8 Step R diagonal, Touch L to R, Step L back diagonal, Touch R to L

Vine R/L

1-8 Step R to R side, Step L behind R, Step to R, touch L to R, Step L to L side, Step R behind L, Step to L, Touch R to L

Rock Step R/L

1-4 Rock R to R side, Step on L, Step R to L and hold.

5-8 Rock L to L side, Step on R, Step L to R and hold

That's it! I hope you like it. Nice and easy for all beginners.

All I ask is that you please do not alter routine without my permission. Thank you so much.

If you have any questions, please contact me and I will answer you. mygeo@adamswells.com or mygrantg@gmail.com
