

One In A Million

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Shelley Lindsay (UK)
音乐: One in a Million - Bosson



THE DANCE

HEEL SWITCHES, TOUCH RIGHT BACK, KICK FORWARD, SYNCOPATED JAZZ BOX, HIP SWAYS

1& Dig right heel forward, step right foot in place
2& Dig left heel forward, step left foot in place
3-4 Touch right toes in place, kick right foot forward and diagonally right
5&6 Cross right over left, step back on left, step right foot to side
7-8 Sway hips left, sway hips right

STEP CROSS, ROCK LEFT, ROCK RIGHT, CROSS SHUFFLE RIGHT, ROCK RIGHT, 1 ¼ TURN TO LEFT

&1 Step left back, cross right over left
2-3 Rock out to left, rock right
4&5 Cross left over right, step right out to side, cross left over right
6-7 Rock out to right, ¼ turn left as you step on to left
8& ½ turn as you step back on right, ½ turn as you step forward on left
Option for counts 8&: turn ¼ to the left as you step forward on your right, step forward on left

RIGHT SHUFFLE, LEFT SHUFFLE, RONDE RIGHT, MASH POTATO STEPS

1&2 Step forward on right, step left next to right instep, step forward on right
3&4 Step forward on left, step right next to left instep, step forward on left
5 "Sweep" right foot out then forward and touch forward
6 Step right back and behind left (right toes pointing out and left heel in right foot instep)
& Step left beside right (toes on both feet pointing in, feet slightly apart)
7 Step left behind right (left toes pointing out and right heel in left instep)
& Step right beside left (toes on both feet pointing in, feet slightly apart)
8 Step right back and behind left (right toes pointing out and left heel in right instep)
Option for counts 6-8: walk back right, left, right

COASTER BACK, ROCK AND TURN, LEFT SHUFFLE FORWARD, ROCK BACK, ROCK FORWARD

1&2 Step left back, step right next to left, step forward on left
3&4 Rock to side on right, ¼ turn to left as you step forward on left, step right next to left
5&6 Step forward on left, step right next to left instep, step forward on left
7-8 Rock back on right, rock forward on left

REPEAT

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Danced once at the end of the 8th wall (facing the back).

JAZZ JUMP, HOLD, LOOK UP, HOLD

&1 Jazz jump (right, left) feet apart. Head down, arms by side with fingers stretched out and palms facing behind
2-4 Hold
5 Head up (optional: change position of hands to table top position)
6-8 Hold

BENT RIGHT ARM IN FRONT, LUNGE TO RIGHT, STRETCH LEFT ARM UP

9 Bend right arm at elbow, fist hand and position in front of your chest but away from your body, leave feet in jazz jump position

- 10-15 Bend right knee, keeping left leg straight, lunge to the right, keep right arm in front of chest.
Straighten leg
- 16 Stretch left arm up, keep right in front of chest

BEND LEFT ARM, DIVE, CROSS WRISTS, PUSH ARMS UP, "V" SHAPE, HOLD

- & Bend left arm at elbow, keeping vertical in the air
- 17 "Dive" left arm between the gap in your body and your right arm, so wrists are crossed
- 18-20 Push both arms out keeping wrists crossed as you lift them up vertically
- 21 Open arms out in a "V" shape
- 22-24 Hold

ARMS TO SIDES, HOLD, BENT ARM OVER HEAD, HOLD, LEFT HAND "PUSHES" DOWN TO SIT POSITION, BODY ROLL UP

- 25 Push arms vertically to the sides, hands in the "stop" position
- 26 Hold
- 27 Bend right elbow and position hand over your head (but slightly in front of it) and position hand so palm is facing the floor
- 28 Hold
- 29 Bring left hand over the right hand
- 30 Push both hands down in front of your body as you bend your knees, keeping your back straight.

Your legs should still be apart so you end up in a "sit" position

- 31-35 Snake roll, boy roll or hip roll, bringing your feet together
- 36 Transfer weight on to left in preparation to start the dance again
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