

# One Man Woman

**COPPER KNOB**  
STEPSHEETS

拍数: 96      墙数: 4      级数: Intermediate  
编舞者: Dale Turner (UK)  
音乐: Just Once - David Lee Murphy



## **RIGHT FOOT HEEL HOOK, RIGHT SHUFFLE, LEFT FOOT HEEL HOOK, LEFT SHUFFLE**

1-2      Dig right heel forward, hook right foot in front of left leg  
3-4      Step forward on right foot, step left foot beside right foot, step forward right foot  
5-6      Dig left heel forward, hook left foot in front of right leg  
7-8      Step forward on left foot, step right foot beside left foot, step forward left foot

## **RIGHT FOOT FORWARD ROCK, ½ TURN SHUFFLE RIGHT, PIVOT ½ TURN THEN ¼ TURN BOTH RIGHT, END WITH RIGHT FOOT TAP**

1-2      Rock forward on right foot, recover on to left foot  
3-4      Shuffle ½ turn right stepping right, left, right  
5-6      Step forward on left foot turn ½ right, replace weight on right foot  
7-8      Step left foot forward turning ¼ right, touch right toe beside left foot

## **TOE TOUCHES, RIGHT FOOT COASTER STEP, TOE TOUCHES, LEFT FOOT COASTER STEP**

1-2      Touch right toe forward, touch right toe to right side  
3-4      Step back on right foot, close left foot to right foot, step right foot forward  
5-6      Touch left toe forward, touch left toe to left side  
7-8      Step back on left foot, close right foot to left foot, step left foot forward

## **JUMP FEET APART THEN BACK TOGETHER, KICK RIGHT FOOT TWICE, VINE RIGHT**

1-2      Jump both feet apart simultaneously then jump them back together  
3-4      Kick right foot forward twice  
5-6      Step right foot to right side, step left foot behind right foot  
7-8      Step right foot to right side, touch left foot next to right foot (vine can be a rolling vine)

## **JUMP FEET APART THEN BACK TOGETHER, KICK LEFT FOOT TWICE, VINE LEFT**

1-2      Jump both feet apart simultaneously then jump them back together  
3-4      Kick left foot forward twice  
5-6      Step left foot to left side, step right foot behind left foot  
7-8      Step left foot to left side, touch right foot next to left foot

**Vine can be a rolling vine**

## **½ MONTEREY TURN RIGHT, ¼ MONTEREY TURN RIGHT**

1-2      Point right foot to right side, close right foot to left foot turning ½ right  
3-4      Point left foot to left side, close left foot to right foot  
5-6      Point right foot to right side, close right foot to left foot turning ¼ right  
7-8      Point left foot to left side, close left foot to right foot

## **RIGHT FOOT CHARLESTON, LEFT FOOT CHARLESTON**

1-4      Point right toe forward, hold, step back on right foot, hold  
5-8      Point left toe back, hold, step forward on left foot, hold

## **RIGHT FOOT SHUFFLE (SLOW), STEP LEFT FOOT FORWARD, CIRCLE HIPS**

1-4      Step right foot forward, step left foot beside right foot, step right foot forward  
5-8      Step left foot forward as you start to circle hips twice to left

## **WALK BACK X3, HITCH LEFT FOOT, WALK BACK X3, HITCH RIGHT FOOT**

- 1-4 Walk back right, left, right hitch left leg forward  
5-8 Walk back left, right, left hitch right leg forward

**STEP BACK, KICK, STEP BACK, KICK, RIGHT FOOT COASTER STEP SCUFF**

- 1-2 Step back on right foot, kick left foot forward, step back on left foot kick right foot forward  
5-8 Step back on right foot, step left foot back next to right foot, right foot forward, scuff left foot

**¼ TURN RIGHT, VINE TO LEFT, ½ TURN LEFT, HITCH, VINE TO THE RIGHT**

- 1-4 Step left foot to left side turning ¼ turn right, step right foot behind left foot, step left foot to left turning ½ turn on ball of left foot while hitching right foot  
5-8 Step right foot to right side, step left foot behind right foot to right side

**UNWIND FULL TURN TO RIGHT, HEEL SWITCHES X3, CLAP**

- 1-4 Cross left foot over right foot, unwind full turn to right ending with weight on left foot  
5-6 Dig right heel forward, close right foot to left foot, dig left heel forward, close left foot to right foot  
7-8 Dig right heel forward, clap

**REPEAT**

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