

One More Day

COPPER **NOB**
BY STEPHEN

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Karen Rosato
音乐: One More Day - Diamond Rio



FORWARD, BACK, ½ LEFT STEP BESIDE, FORWARD, BACK, ¼ RIGHT STEP BESIDE, FORWARD PIVOT RIGHT, STEP BESIDE, FORWARD HOOK BEHIND, BACK, ½ TURN, ½ TURN, STEP BESIDE

1-2& Rock forward left, back on right, turn ½ left step left beside right
3-4& Rock forward right, back on left, turn ¼ right step right beside left
5 Step left forward pivot ½ right (keep weight on left)
& Step right beside left
6 Step left forward hooking right foot behind left
7&8& Step back right, turn ½ left step left forward, turn ½ left step back on right, step left beside right

BACK, FORWARD, STEP BESIDE, FORWARD, PIVOT, STEP BESIDE, FORWARD, PIVOT, STEP BESIDE, FORWARD PADDLE, STEP BESIDE

1-2& Rock back right, step forward left, step right beside left
3-4& Step forward left, pivot right, step left beside right
5-6& Step forward right, pivot left, step right beside left
7-8& Step left forward, paddle turn right, step left beside right

CROSS, SIDE, SIDE, DRAG BEHIND, SIDE, STEP FORWARD, SWEEP IN FRONT, STEP DOWN, ¼ RIGHT STEP BACK, SIDE, FORWARD, BACK, ½ LEFT STEP BESIDE

1&2 Cross right over left, step left to left side, large step right to right side
3&4 Drag left behind right, step right to right side, step left forward
5&6 Sweep right around in front of left and step down, turn ¼ right step back on left, step right to right side
7-8& Step forward left, step back right, ½ turn left step left beside right

FORWARD, BACK, STEP BESIDE, FORWARD, PADDLE RIGHT, STEP BESIDE, FORWARD, BACK, STEP BESIDE, FORWARD, PIVOT, FORWARD PIVOT

1-2& Rock forward right, back left, step right beside left
3-4 Step forward, paddle turn right
Restart from here on wall 2
& Step left beside right
5-6& Rock forward right, back left, step right beside left
7&8& Step forward left, pivot left, step left forward, pivot left

REPEAT

RESTART

On wall 2, dance to count 28, then restart dance facing front wall

TAG

On wall 3, dance to count 16, then add tag

1-2& Rock forward right, back left, turn ½ right step right beside left
Then restart dance

TO END DANCE

Dance to end then slow pivots down, quick step left to left side then step right to right side and drag left beside

