

One Night (Una Noché)

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Andrew Palmer (UK) & Simon Cox (UK)
音乐: Give Me Just One Night (Una Noche) - 98 Degrees



STEP RIGHT, STEP TOGETHER, STEP BACK, PAUSE, STEP LEFT, STEP TOGETHER, STEP FORWARD, PAUSE

1-4 Step right to right side, step left in place beside right, step back right, pause
5-8 Step left to left side, step right in place beside left, step forward left, pause

ROCK RIGHT FORWARD, RECOVER, STEP BACK, PAUSE, COASTER STEP, PAUSE

9-12 Rock forward on right, recover weight to left, step back right, pause
13-16 Step back on left, step back together with right, step forward left, pause

RIGHT OVER LEFT, STEP LEFT BACK, STEP RIGHT, PAUSE, LEFT OVER RIGHT, ROCK RIGHT, RECOVER, RIGHT OVER LEFT

17-20 Step right over left, step back on left, step right to right side, pause
21-24 Step left over right, rock right to right side, recover weight to left, step right over left

ROCK LEFT, RECOVER, LEFT BEHIND RIGHT, STEP RIGHT, LEFT OVER RIGHT, ROCK RIGHT, RECOVER, RIGHT OVER LEFT

25-28 Rock left to left side, recover weight to right, step left behind right, step right to right side
29-32 Step left over right, rock right to right side, recover weight to left, step right over left

LONG STEP LEFT, DRAG, ROCK BACK RIGHT, RECOVER, ¼ TURN RIGHT, PAUSE, ½ RIGHT, STEP RIGHT BACK

33-36 Long step left to left side, slide right towards left foot, rock back on right, recover weight to left
37-40 Step right ¼ turn right, pause, ½ turn right stepping back on left, step back right

LEFT BACK, PAUSE, ROCK BACK RIGHT, RECOVER, STEP RIGHT FORWARD, PAUSE, LEFT OVER RIGHT, STEP RIGHT BACK

41-44 Step back left, pause, rock back on right, recover weight to left
45-48 Step forward right, pause, step left over right, step back on right

LONG STEP LEFT, DRAG, ROCK BACK RIGHT, RECOVER, ¼ TURN LEFT, LEFT BEHIND RIGHT, STEP RIGHT, TOUCH LEFT

49-52 Long step left to left side, slide right towards left foot, rock back on right, recover weight to left
53-56 Step right forward and ¼ turn left, step left behind right, step right to right side, touch left in place beside right

LONG STEP LEFT, DRAG, ROCK BACK RIGHT, RECOVER, STEP, ½ TURN, STEP, ½ TURN

57-60 Long step left to left side, slide right towards left foot, rock back on right, recover weight to left
61-62 Step right forward, pivot ½ turn left
63-64 Step right forward, pivot ½ turn left

REPEAT
