

One Night At A Time

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Robyn Menerey (AUS)
音乐: One Night At a Time - George Strait



RIGHT, LEFT, CROSS SHUFFLE, ¼ TURN, SHUFFLE FORWARD

1-2-3&4 Rock/step right to side, replace weight on left, step right over left, step left to side, step right over left
5-6-7&8 Step left to side, making ¼ turn right step right beside left, shuffle forward left, right, left

PIVOT TURN, PIVOT TURN, CROSS REPLACE, SIDE REPLACE

1-2 Step forward right, make ½ pivot left take weight on left
3-4 Step forward right, make ¼ pivot left take weight on left
5-6-7-8 Rock/step right across left, replace weight on left, rock/step right to side, replace weight on left

SAILOR STEP, SAILOR STEP, BACK, FORWARD, ½ PIVOT

1&2 Step right behind left, step left to side, step right to side
3&4 Step left behind right, step right to side, step left to side
5-6-7-8 Rock/step back right, step forward left, step forward right make ½ pivot left take weight on left

RIGHT, LEFT, CROSS HOLD, LEFT, RIGHT, CROSS HOLD

1-2-3-4 Rock/step right to side, replace weight on left, step right across left, hold
5-6-7-8 Rock/step left to side, replace weight on right, step left across right, hold

Do tag here on wall 5, then restart from count 1

FORWARD BACK, SHUFFLE TURN, SHUFFLE TURN, ROCK BACK, FORWARD

1-2-3-4 Rock/step forward right, rock back left, shuffle ½ turn right stepping right, left, right
5-6-7-8 Shuffle ¼ turn stepping left, right, left rock back right, step forward left

FORWARD STEP LOCK, SHUFFLE, STEP LOCK, SHUFFLE

1-2-3&4 Step forward right step left behind right, shuffle forward right, left, right
5-6-7&8 Step forward left step right behind left, shuffle forward left, right, left

FORWARD, BACK, BACK, HOLD, BACK, FORWARD, FORWARD, HOLD

1-2-3-4 Rock forward right, step back left, step back right, hold
5-6-7-8 Rock back left, step forward right, step forward right, hold

¼ PIVOT CROSS, HOLD, LEFT, RIGHT, TOGETHER, HOLD

1-2-3-4 Step forward right, making ¼ pivot left take weight on left, cross right over left, hold
5-6-7-8 Rock/step left to side, replace weight right, step left beside right, hold

REPEAT

TAG

On the 5th wall dance through to count 32, then add the following steps & restart the dance from count 1

1-2-3-4 Step forward on right, rock back on left, rock forward on right, rock back on left