

One Of Us

COPPER KNOB
STEPSHETS

拍数: 32 墙数: 2 级数: Improver
编舞者: Johnnie "Legs" Sutton
音乐: One of Us - ABBA



TWO WALKS, RIGHT SIDE MAMBO, TWO WALKS LEFT SIDE MAMBO

1-2 Walk forward right, walk forward left
3&4 Rock right sideways, rock left to left, step right beside left
5-6 Walk forward left, walk forward right
7&8 Rock left sideways, rock right to right, step left beside right

RIGHT RONDE, ½ TURN UNWIND, JAZZ BOX INTO ¼ TURN RIGHT

1-2 Sweep right out and around over left
3-4 Unwind ½ turn left (weight ends on left)
5-6 Cross right over left, step back left
7-8 Step right into ¼ turn right, touch left beside right

ROCK STEP, TRIPLE ½ TURN, FULL TURN, LEFT SHUFFLE

1-2 Rock forward on right, recover onto left
3&4 Triple ½ turn right, stepping right left right
5-6 Step forward left into ½ turn right, step forward right into ½ turn right
7&8 Step left forward, close right beside left, step left forward

JAZZ BOX INTO ¼ TURN RIGHT, FOUR HEEL SWITCHES

1-2 Cross right over left, step back left
3-4 Step right into ¼ turn right, touch left beside right
5-6 Touch right heel forward and replace, touch left heel forward and replace
7-8 Touch right heel forward and replace, touch left heel forward and replace

REPEAT
