

Separate Directions

COPPER KNOB
STEPSHEETS

拍数: 0 墙数: 2 级数: Intermediate/Advanced
编舞者: Paulette Hylands (UK)
音乐: One - Faith Hill



Sequence: AAA, B, TAG, AA, BB, A, BBB, BBB
Dance starts on lyrics. . after the 'Oh's'

PART A

STEP ¼ ON RIGHT, LEFT SIDE STEP, SLIDE RIGHT, KICK BALL CROSS, UNWIND ½, CIRCULAR SLIDE, STEP RIGHT DOWN

- 1-2 Step right foot forward turning ¼ left (you can hitch left as you do this), step left to left side
- 3-4& Slide right to left slowly, kick right forward, step right beside left
- 5-6 Cross left over right, unwind ½ turn
- 7-8 Slide right foot out and around to the left
- & Step right beside left

CROSS LEFT OVER RIGHT, UNWIND ¾, STEP FORWARD RIGHT, FORWARD LEFT COASTER STEP, STEP BACK ON LEFT, RIGHT OUT, LEFT OUT

- 1-2 Cross left over right, start unwinding ¾ turn right
- 3-4 Finish unwinding
- 5-6& Step forward on right, step forward on left, step right beside left
- 7-8& Step back on left, step right to right side, step left to left side

PART B

STEP ½ LEFT, STEP ½ LEFT, RIGHT MAMBO STEP, STEP RIGHT DOWN, BACK LEFT STEP, SLIDE RIGHT, STEP RIGHT DOWN, FORWARD LEFT STEP, ½ PIVOT RIGHT, STEP RIGHT DOWN

- 1-2 Step forward ½ turn left on right foot, step back ½ turn left on left foot
- 3&4 Rock forward on right, recover weight on left, step right beside left
- 5-6& Step back on left, slide right back to left, step right beside left
- 7-8& Step forward on left, ½ pivot right (keeping weight over right), step right back beside left

BACK LEFT STEP, SLIDE RIGHT, STEP RIGHT DOWN, ¼ HEEL SWIVELS X4, KICK BALL

- 1-2& Step back on left, slide right back to left, step right beside left
- 3-4 Step forward on left, lifting heel of left swivel left foot ¼ turn to the right
- 5-6 Lifting heel of right swivel right foot ¼ turn to the right, lifting heel of left swivel left foot ¼ turn to the right (do this with moonwalk smoothness, lifting knees as you swivel)
- 7-8& Lifting heel of right swivel right foot ¼ turn to the right, kick right foot forward, step right beside left

STEP ¼ LEFT, STEP ¼ LEFT, FULL TRIPLE TURN LEFT, SWAY RIGHT, SWAY LEFT, STEP DOWN RIGHT, MODIFIED SAILOR STEP

- 1-2 Step left ¼ left, step right ¼ left
- 3&4 Full triple turn left, stepping left, right, left
- 5-6& Sway right, sway left, step weight down to right side
- 7&8& Cross left behind right, step right beside left, step left to left side, cross right behind left

STEP DOWN LEFT, RIGHT MAMBO STEP, BACK LEFT ROCK, RECOVER, STEP LEFT OUT, RIGHT OUT, STEP LEFT IN, RIGHT IN, STEP FORWARD LEFT, TOUCH RIGHT

- 1-2& Step left beside right, rock forward on right, recover on left
- 3-4& Step right beside left, rock back on left, recover on right
- 5&6& Step left to left side, step right to right side, step left in, step right beside left

7-8 Step forward on left, touch right beside left

TAG

RIGHT STEP FORWARD, TOUCH, MAMBO TOUCH, LEFT STEP BACK, TOUCH, BACK MAMBO TOUCH

1-2 Step right forward, touch left beside right

3&4 Rock back on left, recover on right, touch left beside right

5-6 Step left back, touch right beside left

7&8 Rock forward on right, recover on left, touch right beside left
