

# West Coast Cha

COPPER KNOB  
STEPSHEETS

拍数: 64      墙数: 2      级数: Advanced mixed rhythm  
编舞者: Frank Cooper (CAN) & Liz Bogan (USA)  
音乐: One By One - Cher



## STEP OVER, STEP SIDE, STEP BACK, CROSSING SHUFFLE, SYNCOPATED WEAVE, SYNCOPATED TWINKLE ¼ TURN

1-3            Step left foot over right, step right foot to right side, step back on left foot  
4&5            Step right foot over left, step left foot to left side, step right foot over left  
6&7            Step left foot to left side, step right foot behind left, step left foot to left side  
8&9            Step right foot over left, step back on left foot making a ¼ turn right, step right foot beside left

## CROSS ROCK & STEP, CROSS ROCK & SYNCOPATED BOX, STEP FORWARD, CHA-CHA FORWARD

10&11          Rock left foot across right, recover onto right foot, step left foot to left side  
12&13          Rock right foot across left, recover onto left foot, step right foot to right side  
&14            Step left foot beside right, step forward on right foot  
15              Step forward on left foot  
16&17          Step forward on right foot, bring left foot up to right, step forward on right foot

## STEP FORWARD, SIDE ROCK & CROSS ¼ TURN, TRIPLE ½ TURN, WALK, WALK

18              Step forward on left foot  
19&20          Rock right foot out to right side making a ¼ turn left, recover onto left foot, step right foot over left  
21&22          Step back on left foot making a ¼ turn right, step right foot to right side making a ¼ turn right, step forward on left foot  
23-24          Step forward on right foot, step forward on left foot

## SIDE ROCK & CROSS ¼ TURN, STEP SIDE, STEP BACK, ROCK STEP, BALL TOUCH FORWARD, PIVOT ½ TURN, POINT TO SIDE

25&26          Rock right foot out to right side making a ¼ turn left, recover onto left foot, step right foot over left  
27&            Step left foot to left side, step back on right foot  
28-29          Rock forward on left foot, recover onto right foot  
&30            Step back on left foot, touch right toe forward  
31-32          Pivot ½ turn left, dropping weight onto right foot, point left toe to left side

## SYNCOPATED WEAVE, SIDE ROCK, SYNCOPATED ROCK BACK & SIDE, COASTER STE

33&34          Step left foot behind right foot, step right foot to right side, step left foot over right  
35-36          Rock right foot out to right side, recover onto left foot  
37&38&        Rock back on right foot, recover onto left foot, rock right foot out to right side, recover onto left foot  
39&40          Step back on right foot, step together with left foot, step forward on right foot

## SYNCOPATED ROCK FORWARD, TRIPLE ½ TURN, WALK, WALK, & STEP TOGETHER, STEP FORWARD, CHASE ½ TURN

&41            Rock forward on left foot, recover onto right foot  
42&43          Triple ½ turn left stepping left, right, left  
44-45          Step forward on right foot, step forward on left foot  
&46            Step forward on right foot, step left foot next to right, turning body on 45 degree angle to the left  
47              Step forward on right foot on a 45 degree angle right, squaring back up to wall

48&49 Step forward on left foot, step together with right foot, making a ½ turn right, step forward on left foot

**WALK, WALK, SYNCOPATED WEAVE INTO A ¼ TURN, SYNCOPATED WEAVE ¼ TURN, ROCK & STEP**

50-51 Step forward on right foot, step forward on left foot, prepping the toe out to the left

52&53 Step forward on right foot, step left foot over right making a ¼ turn left, step right foot to right side

54&55 Step back on left foot making a ¼ turn left, step right foot over left, step back on left foot

56&57 Rock back on right foot, recover onto left foot, big step to right side on right foot

**COASTER STEP, PIVOT ½ TURN, STEP FORWARD, STEP BACK ½ TURN, STEP SIDE ¼ TURN**

58&59 Step back on left foot, step together with right foot, step forward on left foot

60-61 Touch right toe forward, pivot ½ turn left, weight ending on left foot

62-64 Step forward on right foot, step back on left foot making a ½ turn right, step right foot to right side making a ¼ turn right

**REPEAT**

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