

Power Of One

COPPER KNOB
BY STEPHEN T. C.

拍数: 32 墙数: 4 级数: Beginner
编舞者: Tina Hollen (DK) - November 2007
音乐: The Power of One - Bomshel



Intro: 24 counts.

SIDE ROCK R, CROSS SHUFFLE, SIDE ROCK L, CROSS SHUFFLE

1-2 Rock right to right side, recover onto left
3&4 Cross right over left, step left to left side, cross right over left
5-6 Rock left to left side, recover onto right
7&8 Cross left over right, step right to right side, cross left over right

SKATES ¼ TURN, FORWARD SHUFFLE, PIVOT ½, MAMBO POINT

1-2 Skate ¼ to right side on right, skate forward on left
3&4 Step right forward, step left beside right, step right forward
5-6 Step forward on left, turn ½ right
7&8 Rock forward on left, recover onto right, point left to left side

CROSS, STEP, BACK COASTER, CROSS, STEP, BACK COASTER

1-2 Cross left over right, step right to right side
3&4 Step back on left, step right next to left, step forward on left
5-6 Cross right over left, step left to left side
7&8 Step back on right, step left next to right, step forward on right

ROCK STEP, SHUFFLE ½ TURN, STEP, TOUCH, KICK BALL TOUCH

1-2 Rock forward on left, recover onto right
3&4 Make ½ left stepping left right left
5-6 Step forward on right, touch left next to right
7&8 Kick left forward, step left next to right, touch right next to left

Begin again.
