

One More Time

COPPER KNOB
BY STEPHEN METZ

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Willie Brown (SCO) - August 2008
音乐: Let Me Love You Tonight - Phil Vassar



Intro; 8 counts (7 seconds)

[] Brackets indicate which wall you should be facing (first wall only)

SECTION 1 - SIDE, CROSS 1/4 TURN, CROSS 3/4 TURN, ROCK RECOVER BACK, 1/2 TURN, 3/4 SPIN

- 1) Step Right to Right side
- 2&3) Cross Left over Right, turn 1/4 Left and step back on Right, step Left to Left side [9]
- 4&5) Cross Right over Left, turn 1/4 Right and step back on Left, turn 1/2 Right and step forward on Right [6]
- 6&7) Rock forward on Left, recover back on Right, step back on Left
- 8&1) Turn 1/2 Right and step forward on Right, hitch Left knee and spin 3/4 Right, step Left to Left side [9]

SECTION 2 - NIGHTCLUB BASICS, FULL SPIRAL TURN, WALKS, CROSS ROCK

- 2&3) Rock back on Right, recover forward on Left, step Right to Right side
- 4&5) Rock back on Left, recover forward on Right, step forward on Left
- &) *optional* full spiral turn Right hooking Right across Left shin keeping weight on Left
- 6,7) Step forward Right, step forward Left
- 8&1) Cross rock Right over Left, recover back on Left, step Right to Right side

SECTION 3 - BEHIND 1/4 TURN, BEHIND 1/2 TURN, BEHIND SIDE CROSS ROCK. WEAVE

- 2&3) Cross Left behind Right, turn 1/4 Right and step forward Right, step Left to Left side [12]
- 4&5) Cross Right behind Left, turn 1/4 Left and step forward on Left, turn 1/4 Left and step Right to Right side [6]
- 6&7) Cross Left behind Right, step Right to Right side, cross rock Left over Right
- &8&1) Recover back on Right, step Left to Left side, cross Right over Left, step Left to Left side

SECTION 4 - ROCK 1/2 TURN, LOCK STEP & LOCK, 1/2 TURN, 3/4 SPIRAL TURN

- 2&3) Rock back on Right, recover forward on Left, turn 1/2 Left and step back on Right [12]
- 4&5) Step back on Left, lock Right over Left, step back on Left
- 6,7) Turn 1/2 Right and step forward on Right, step forward on Left [6]
- 8) Turn 3/4 Right hooking Right across left shin keeping weight on Left [3]

START AGAIN.....AND SMILE!!!!
