

One Step To The Left

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Easy Intermediate
编舞者: Audrey Watson (SCO) - November 2008
音乐: 1-2-3 - Ann Tayler



Start dance 32 - Count Intro BPM: 182

SECTION ONE

SIDE TOG 1/4 TURN TOUCH, 1/4 TURN TOUCH, 1/4 TURN TOUCH.

- 1-2 Step left to left side, close right next left.
- 3-4 Turn 1/4 left stepping fwd on left, touch right next left.
- 5-6 Turn 1/4 left stepping back on right, touch left next right.
- 7-8 Turn 1/4 left stepping fwd on left, touch right next left. (Clap hands on touches)

SECTION TWO

SIDE TOG 1/4 TURN TOUCH, SIDE TOUCH, SIDE TOUCH.

- 1-2 Step right to right side, close left next right.
- 3-4 Turn 1/4 right stepping fwd on right, touch left next right.
- 5-6 Step left to left side, touch right next left.
- 7-8 Step right to right side, touch left next right. (Clap hands on touches)

SECTION THREE

FWD ROCK BACK HOLD, BACK LOCK STEP, HOLD.

- 1-2 Rock fwd on left, recover back on right.
- 3-4 Step back on left, hold for a beat.
- 5-6. Step back on right, lock left over right.
- 7-8 Step back on right, hold for a beat

SECTION FOUR

BACK ROCK FWD, HOLD, TRIPLE FULL TURN HOLD. (If you don't like turns – Right shuffle fwd)

- 1-2 Rock back on left, recover fwd on right.
- 3-4 Step fwd on left, hold for a beat.
- 5-8 Triple full turn left stepping right, left, right, Or easier option (Right shuffle fwd)

Add Tag here on wall 6 - Restart dance from beginning again

SECTION FIVE

TOE STRUT, BACK ROCK, SIDE HOLD, 1/2 HINGE TURN HOLD.

- 1-2 Step left toe to left side, drop heel to floor.
- 3-4 Rock right back behind left, recover fwd on left.
- 5-6 Step right to right side, hold for a beat.
- 7-8 Turn 1/2 left stepping left to left side, hold for a beat.

SECTION SIX

CROSS STEP CROSS HOLD, 1/4 TURN HOLD. 1/2 TURN HOLD.

- 1-2 Cross right over left, step left to left side.
- 3-4 Cross right over left, hold for a beat.
- 5-6 Turn 1/4 right stepping back on left, hold for a beat.
- 7-8 Turn 1/2 right stepping fwd on right, hold for a beat.

SECTION SEVEN

HIP BUMPS, BACK COASTER STEP, 1/2 TURN SPIN LEFT.

- 1-2 Step left to left side bumping hips left, bump hips right.
- 3-4 Bump hips left, bump hips right.

- 5-6 Step back on left, step right next left.
7-8 Step fwd on left, spin 1/2 turn left on ball of left foot.

SECTION EIGHT

RIGHT LOCK STEP, LEFT LOCK STEP, STOMP, HOLD.

- 1-2 Step fwd on right, lock left behind right.
3-4 Step fwd on right, step fwd on left.
5-6 Lock right behind left, step fwd on left.
7-8 Stomp fwd on right, hold for a beat.

TAG: 4 COUNT TAG – STEP TOUCH X 2 to be added at the end of walls: 1 and 3 and after count 32 on wall 6

- 1-2 Step left to left side, touch right next left.
3-4 Step right to right side, touch left next right.
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