

One More Night

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Colleen Archer (AUS) - August 2012
音乐: One More Night - Maroon 5 : (Album: Overexposed Deluxe)



Intro: 16 counts - "For...Jan & Colle"

ROCK BACK REC, ROCK SIDE REC, X SAMBA, ROCK FWD REC, TURN ½ & FWD, ¼ PADDLE CROSS

1 & 2 & Step R back, Recover L, Step R to right side, Recover L
3 & 4 Step R across L, Step L to left side, Recover R
5 & 6 Step L forward, Recover R, Turn ½ left and step L forward
7 & 8 Step R forward, Turn ¼ left taking weight L, Step R across L (3)

RUMBA, REVERSE ROCKING CHAIR, BACK, LOCK, BACK, SAILOR

1 & 2 Step L to left side, Step R beside L, Step L back
3 & 4 & Step R back, Recover L, Step R forward, Recover L
5 & 6 Step R back, Lock L over R, Step R back
7 & 8 Step L behind R, Step R to right side, Recover L (3)

ROCK BACK REC, TURN ¼ & STEP TOG, ROCK BACK REC, TURN ½ & STEP TOG, COASTER, FWD & HIPS X 3

1, 2 Step R back, Recover L
& Turn ¼ left and step R beside L
3, 4 Step L back, Recover R
& Turn ½ right and step L beside R
5 & 6 Step R back, Step L beside R, Step R forward
7 & 8 Step L forward 45° left and bump hips L R L (weight on L) (6)

SIDE, HEEL, ACROSS, HEEL, SIDE TOG TURN ¼, ROCK FWD REC, ROCKSIDE REC, SAILOR

1 & Touch R toe to right side while raising L heel, Lower L heel
2 & Touch R toe across L raising L heel, Lower L heel
3 & 4 Step R to right side, Step L beside R, Turn ¼ right & step R forward
5 & 6 & Step L forward, Recover R, Step L to left side, Recover R (#)
7 & 8 Step L behind R, Step R to right side, Recover L (9)

(32) Begin again.....

FINISH: # Dance first 30& counts....

7 & Step L behind R, Turn ¼ right and step R forward
8 Turn ¼ right and step L to left side

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Dance may be copied and distributed provided original steps remain unchanged.