

One More Night

COPPER KNOB
STEPSHEETS

拍数: 96 墙数: 2 级数: Phrased Intermediate
编舞者: Adam Åstmar (SWE) - December 2012
音乐: One More Night - Maroon 5



Intro: 16 Count - Sequence: A – B – A – B – A – B – B

Part A: (64)

Sect – 1: SIDE ROCK, RECOVER, BEHIND, SIDE, CROSS, SIDE STEP, RECOVER, CROSS, SIDE STEP, SAILOR 1/4 STEP

1 – 2 Rock right foot out to right side, recover left
3 & 4 Step right foot behind left, step left foot to left side, cross step right foot over left
& 5 – 6 Step left foot to left side, recover right, cross step left foot over right
7 – 8 & 1 Step right foot out to right side, step left behind right, 1 / 4 turn left step right to side, step left forward

Sect – 2: WALK 2X, MAMBO STEP, RUN BACK 2X, COASTER STEP, STEP 1/2 TURN STEP

2 step right foot forward
3 & 4 & Rock left forward, recover right, step left foot back, step right foot back
5 – 6 & Step left foot back, step right foot back, step left next to right
7 – 8 & Step right foot forward, step forward on left, pivot 1/2 turn right

Sect – 3: ROCK FORWARD, RECOVER, COASTER STEP, SAILOR 1/4 STEP, LOCK-STEP FORWARD

1 – 2 Rock left foot forward, recover right
3 & 4 Step left foot back, step right next to left, step left foot forward
5 & 6 Step right behind left, 1/4 turn right step left to left, step right slightly forward
7 & 8 Step left forward, lock right behind left, step left forward

Sect – 4: STEP 1/2 TURN, COASTER HEEL & HEEL & WALK 2X, TRIPLE TURN

1 – 2 & 1/2 turn left step right back, step back on left, step right beside left
3 & 4 & Touch left heel forward, step left beside right, touch right heel forward, step right beside left
5 – 6 Step left foot forward, step right foot forward
7 & 8 Step left forward as you 1/2 turn right, step right next to left as you 1 / 2 turn right, step left foot forward

Sect – 5: STEP 1/2 TURN, STEP 1/4 TURN, LOCK-STEP FORWARD, STEP 1/2 TURN STEP, LOCK-STEP FORWARD

1 & 2 & Step right forward, 1/2 turn left, step right foot forward, 1/4 turn left
3 & 4 Step right forward, lock left behind right, step right forward
5 & 6 Step left forward, 1/2 turn right, step left foot forward
7 & 8 Step right forward, lock left behind right, step right forward

Sect – 6: CROSS STEP HEEL 2X, CROSS STEP, SAILOR 1/4 TURN

1 & 2 & Cross left over right, right back at slightly angle, left heel forward, step left beside right
3 & 4 & Cross right over left, left back at slightly angle, right heel forward, step right beside left
5 – 6 Cross left over right, step right to right
7 & 8 Step left behind right, 1/4 turn left step right to right side, step left slightly forward

Sect – 7: SHUFFLE 1/2 2X, STEP 1/2 TURN, KICK-BALL CHANGE STEP

1 & 2 Turn 1/2 left and shuffle backward right, left, right
3 & 4 Turn 1/2 left and shuffle forward left, right, left
5 – 6 Step right foot forward, 1/2 turn left
7 & 8 Kick right foot forward, step right beside left, step left foot forward step left in place

Sect – 8: STEP 1/4 TURN, RUN FORWARD 3X, MAMBO STEP, SHUFFLE 1/2

- 1 – 2 Step right foot forward, 1/4 turn left, (weight on left)
- 3 & 4 Run forward stepping right, left, right
- 5 & 6 Rock left forward, recover right, step left foot back
- 7 & 8 1/4 right step right to right, step left beside right, 1/4 right step right forward

Part B: (32)

Sect – 1: ROCK-SIDE CROSS, ROCK-SIDE CROSS, STEP 1/2 TURN, LOCK-STEP FORWARD

- 1 & 2 Rock left foot to left, recover right, cross left foot over right
- 3 & 4 Rock right foot to right, recover left, cross right foot over left
- 5 – 6 Step left foot forward, 1/2 turn right
- 7 & 8 Step left forward, lock right behind left, step left forward

Sect – 2: ROCK-SIDE CROSS, ROCK-SIDE CROSS, STEP 1/2 TURN, LEFT KICK-BALL-CHANGE

- 1 & 2 Rock right foot to right, recover left, cross right foot over left
- 3 & 4 Rock left foot to left, recover right, cross left foot over right
- 5 – 6 Step right foot forward and 1/2 turn left (weight on right)
- 7 & 8 Kick left forward forward, step left beside right, step right forward

Sect – 3: PADDLE FULL TURN, STEP 1/2 TURN, CHASSE RIGHT

- &1&2&3&4 1/4 left, point right to right, repeat count & 1 three more times to complete a full turn
- 5 – 6 Step right foot forward, 1/2 turn left
- 7 & 8 1/4 right step to right, step left beside right, step right to right

Sect - 4: ROCK BACK, MAMBO STEP, FULL TURN, KICK-BALL CHANGE

- 1 – 2 Rock left foot back, recover right
- 3 & 4 Rock left forward, recover right, step left foot back
- 5 – 6 1/2 turn right step right forward, 1 / 2 turn right step left back
- 7 & 8 Kick right foot forward, step right beside left, step left foot next to right

Repeat until 7th wall

After 6th wall at the end of the -B- section, left foot shall 'Touch' next to right instead of left foot 'Step' next to right.

- B – Section Restarts -

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