

Just Once

COPPER KNOB
BY STEPHEN METZ

拍数: 48 墙数: 2 级数: Advanced
编舞者: Malene Jakobsen (DK) - February 2014
音乐: I'll Never Break Your Heart - Backstreet Boys : (Album: Greatest Hits - Chapter One - iTunes)



Intro: 16 counts 18 seconds into track, dance begins with weight on R

Restart: There is one Restart on wall 2 after 32 counts, you'll be facing 6.00

Tag: There is one Tag after wall 3, you'll be facing 12.00

Note: The music is Viennese waltz, but the dance is not written as a waltz.

[1-9] Step, fwd. rock, ball, back rock, chase turn, shuffle 1/2, 3/4, cross shuffle, point

- a1-2 (a) Step slightly fwd. on L, (1) rock fwd. on R, (2) recover onto L 12.00
a3-4 (a) Step R next to L, (3) Rock back on L, (4) recover onto R 12.00
&a5 (&) step fwd. on L, (a) turn 1/2 R, (5) step fwd. on L 6.00
6&a (6) Turn 1/4 L stepping back on R, (&) step L next to R, (a) turn 1/4 L stepping back on R
12.00
7 (7) Turn 1/2 L stepping fwd. on L, hitch R and continue turning another 1/4 L 3.00
8&a1 (8) Cross R over L, (&) step L slightly L, (a) cross R over L, (1) point L to L 3.00

[10-17] Behind, side, cross, unwind 1/2, coaster, basic waltz steps x 4 making 1/2 turn, step fwd.

- 2&a (2) Cross L behind R, (&) step R to R, (a) cross L over R 3.00
3 (3) Unwind 1/2 turn R keeping weight on L 9.00
4&a (4) Step back on R, (&) step L next to R, (a) step fwd. on R 9.00
5&a (5) Step diagonally fwd. on L, (&) step R next to L, (a) step L next to R 7.30
6&a (6) Step back on R making 1/8 L, (&) step L next to L, (a) step R next to L 6.00
7&a (7) Step diagonally fwd. on L, (&) step R next to L, (a) step L next to R 4.30
8&a (8) Step back on R making 1/8 L, (&) step L next to L, (a) step R next to L 3.00
1 (1) Step fwd. on L

[18-25] 1/4 with point, rolling vine with cross, recover, 1/4, 1/4, twinkle, cross sweep

- 2-3 (2) Step fwd. on R, (3) turn 1/4 L finish with pointing R to R 12.00
4&a5 (4) Turn 1/4 R stepping down on R, (&) turn 1/2 R stepping back on L, (a) turn 1/4 R stepping
R to R, (5) cross L over R 12.00
6&a7 (6) Recover onto R, (&) turn 1/4 L stepping fwd. on L, (a) step fwd. on R, (7) turn 1/4 L 6.00
8&a (8) Cross R over L, (&) step L towards L diagonal, (a) step R towards R diagonal 6.00
1 (1) Cross L over R sweeping from back to front 6.00

[26-32] Twinkle 1/4, cross sweep, twinkle 1/4, cross rock, side, sailor, sways 6.00

- 2&a (2) Cross R over L, (&) step slightly back on L, (a) turn 1/4 R stepping R to R 9.00
3 (3) Cross L over R sweeping R from back to front 9.00
4&a (4) Cross R over L, (&) step slightly back on L, (a) turn 1/4 R stepping R to R 12.00
5&a (5) Rock L across R, (&) recover onto R, (a) step L to L 12.00
6&a (6) Cross R behind L, (&) step L to L, (a) step R to R 12.00
7-8 (7-8) Sway L, R

NOTE Restart here, you'll be facing 6.00

[33-40] Side cross side point x 2, ball cross, unwind 3/4, chasse, touch, kick ball cross

- 1&a2 (1) Step L to L, (&) cross R over L, (a) step L to L, (2) point R diagonally R 12.00
3&a4 (3) Step R to R, (&) cross L over R, (a) step R to R, (3) point L diagonally L 12.00
&a5 (&) Step L next to R, (a) cross R over L, (5) unwind 3/4 turn L on ball of R 3.00

- 6&a7 (6) Step L to L, (&) step R next to L, (a) step L to L, (7) touch R next to L with R knee towards L 3.00
- 8&a (8) Kick R diagonally R as you roll R knee and 'grind' on ball of L, (&) step R next to L, (a) cross L over R 3.00

[41-48] Side, back rock, side, back rock, 1/4, 1/2, 1/2, step, shuffle 1/2 R

- 1&a (1) Step R to R, (&) rock back on ball of L, (a) recover onto R 3.00
- 2&a (2) Step L to L, (&) rock back on ball of R, (a) recover onto L 3.00
- 3-4 (3) Turn 1/4 L stepping back on R, (4) turn 1/2 L stepping fwd. on L 6.00
- 5& (5) Step fwd. on R, (&) make a sharp 1/2 turn L 12.00
- 6&a7 (6) Step fwd. on R, (&) turn 1/4 R stepping L to L, (a) step R next to L, (7) turn 1/4 R stepping back on L 6.00
- 8 (8) Rock back on R 6.00

TAG Walk x 4 (Q Q S S)

- &a1-2 (&a) Walk fwd. L, R, (1-2) walk fwd. L, R

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