

I Was The One (AB Style)

COPPER KNOB
BY STEPHENETS

拍数: 32 墙数: 1 级数: Absolute Beginner
编舞者: Irene Groundwater (CAN) - April 2014
音乐: I Was the One - Elvis Presley : (CD: I was the one - 12 tracks - 2003)



Dance Pattern: □8 ct. intro, (1-32) x 6, Special Ending Dance ends facing front - No Tags Or Restarts
Special Note: □Thanks to Sharon Ginter the Programmer at Shannon Oaks Retirement Home for making the beautiful room there available for the demonstration of the dance and Special Thanks to the Shannon Oaks Line Dance Members for participating in the Line Dance Video Demonstration.

[1-8] - (SWAY R, HOLD, SWAY L, HOLD) X 2

1-2-3-4 Sway R Hip to right, Hold, Sway L Hip to left, Hold

5-6-7-8 Sway R Hip to right, Hold, Sway L Hip to left, Hold

(Options - Cts 1 and 5 - Rotate R Hip to the right - Circle R Hand in front of body to the right)

(Options - Cts 3 and 7 - Rotate L Hip to the left - Circle L Hand in front of body to the left.)

[9-16] - R FWD, L FWD, R FWD, TOUCH, L BACK, R BACK, L BACK, TOUCH

9-10-11-12 R forward, L forward, R forward, Touch L foot forward

13-14-15-16 L back, R back, L Back, Touch R Toe beside L instep

(Option – Ct. 12 – Instead of a Touch – Kick the R foot forward.)

(Option - Cts 11&12 - R forward, Step L beside R (or lock L behind R) R forward)

(Option - Cts 15&16 - L back, Step R beside L (or lock R over L) L back) □□

[17-24] – VINE RIGHT, TOUCH w CLAP, VINE L. TOUCH w CLAP

17-18-19-20 Sidestep R, Cross L behind R, Sidestep R, Touch L Toe beside R instep

21-22-23-24 Sidestep L, Cross R behind L, Sidestep L, Touch R Toe beside L instep

[25-32] - JUMP FWD, HOLD, JUMP BACK, HOLD, JUMP BACK, HOLD, JUMP FWD, HOLD

25-26-27-28 Jump both feet forward, hold, Jump both feet back, Hold

29-30-31-32 Jump both feet back, hold, Jump both feet forward, Hold

Special Ending: Repeat Steps 25 To 28 Shown Above - Raise Hands Overhead & Wave

END OF DANCE.