

One of Us

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Colleen Archer (AUS) - December 2014
音樂: One of Us - Guy Sebastian : (Album: Madness)



** "For...Tiahna" **

Intro: 24 counts, start on the word "why" SP. Weight on R (vers 1) Rotation: ¼ clockwise

S1: TWINKLE, FWD, TOUCH, HOLD

1, 2, 3 Step L across R, Rock step R to right side, Recover L
4, 5, 6 Step R forward in front of L, Touch L toe out to left side, Hold □(12)

S2: BEHIND, SIDE, ACROSS, SIDE, HOLD, REC □

1, 2, 3 Step L behind R, Step R to right side, Step L across R # (Restart)
4, 5, 6 Rock step R to right side swaying hips right, Hold, Recover L □(12)

S3: BEHIND, ROCK SIDE, REC, TOUCH, SLOW UNWIND □

1, 2, 3 Step R behind L, Rock step L to left side, Recover R ## (Add finish)
4, 5, 6 Touch L toe back, Slowly unwind ½ left taking weight onto L □(6)

S4: WALTZ FWD, FWD, SLOW HITCH

1, 2, 3 Step R forward, Step L beside R, Step R beside L
4, 5, 6 Step L forward, Slowly hitch R knee □(6)

S5: BACK, TOG, FWD, FWD, SLOW ¼ PADDLE

1, 2, 3 Step R back, Step L beside R, Step R forward
4, 5, 6 Step L forward, Slow ¼ turn right taking weight onto R □(9)

S6: ACROSS, ¼ TURN, ¼ TURN, FWD, DRAG, TOUCH

1, 2, 3 Step L across R, Turn ¼ left & step R back, Turn ¼ left & step L to left side
4, 5, 6 Step R forward to 45° left, Drag L forward, Touch L behind R □(3)

S7: BACK, FULL TURN, SIDE, DRAG, TOUCH

1, 2, 3 Step L back, Turn ¼ right & step R forward, Turn ½ right & step L back
4, 5, 6 Turn ¼ right & step R to right side, Drag L toward R, Touch L beside R □(3)

S8: SIDE, ROCK BACK, REC, FWD, DRAG, TOUCH

1, 2, 3 Step L to left side, Rock step R behind L, Recover L
4, 5, 6 Step R forward to 45° right, Drag L forward, Touch L beside R □(3)

Begin again.....

RESTART: # □ Wall 5, dance first 9 counts....

1, 2, 3 Step R to right side, Drag L toward R, Touch L beside R
Begin wall 6 facing 12 o'clock.

TAG: □ On completion of Wall 10...now facing 3 o'clock wall and keeping weight on R, Hold for 6 counts....
On the word "one"

1, 2, 3 Rock step L to left side swaying hips left, Hold, Recover R.
Begin dance again on the word "stronger".

FINISH: ## Wall 14, when music stops on the word "us"...keep dancing first 15 counts at slightly slower pace,
Step L forward and slowly drag R forward to touch beside L.

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

Contact – E-mail: luckystrikedance@bigpond.com - Phone: 07 47872467
