

Simply The One

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Maggie Gallagher (UK) - March 2015
音樂: The One - Kodaline : (amazon)



Intro: 16 counts (11 secs)

S1: ROCK BACK ½, ROCK BACK ½, ½ R, WALK L, TRIPLE FULL TURN

1&2 Rock back on right, Recover on left, ½ left stepping back on right [6:00]
3&4 Rock back on left, Recover on right, ½ right stepping back on left [12:00]
5-6 ½ right stepping forward on right, Walk forward on left [6:00]
7&8 Triple full turn to left stepping right left right

S2: & WALK R, ¼ SIDE ROCK, CROSS SIDE BEHIND SIDE, CROSS ROCK SIDE, CROSS ROCK SIDE

&1-2& Step left next to right, Walk forward on right, ¼ right rocking left to left side, Recover on right [9:00]
3&4& Cross left over right, Step right to right side, Cross left behind right, Step right to right side
5-6& Cross rock left over right, Recover on right, Step left to left side
7-8& Cross rock right over left, Recover on left, Step right to right side

S3: CROSS UNWIND SWEEP, BEHIND SIDE CROSS SIDE, DRAG, BACK ROCK, DRAG, BACK ROCK

1-2 Cross left over right, Unwind full turn right sweeping the right toe behind the left
3&4& Cross right behind left, Step left to left side, Cross right over left, Step left to left side *Restart Wall 4
5-6& Take a big step to right side dragging left to meet right, Cross rock left behind right, Recover on right
7-8& Take a big step to left side dragging right to meet left, Cross rock right behind left, Recover on left

S4: FWD TOUCH, BACK TOUCH, R COASTER, L MAMBO ½, STEP ½, FWD ROCK

1&2& On slight right diagonal step forward on right, Touch left next to right, Step back on left, Touch right next to left
3&4 Step back on right, Step left next to right, Step forward on right
5&6 Rock forward on left, Recover on right, ½ left stepping forward on left [3:00]
7&8& Step forward on right, ½ pivot left, Rock forward on right, Recover on left [9.00]

RESTART: Wall 4 after 20& counts [12:00]

TAG 1: End of Wall 6 (facing 6:00)

1-2 Sway right, Sway left
3-4 Sway right, Sway left
5&6 Cross rock right behind left, Recover on left, Step right to right side
7&8 Cross rock left behind right, Recover on right, Step left to left side

TAG 2: End of Wall 7 (facing 3:00)

1-2 Sway right, Sway left
3-4 Sway right, Sway left

Contact: www.maggieg.co.uk