

One Friend

COPPERKNOB
STEPSHEETS

拍數: 34 牆數: 2 級數: Intermediate
編舞者: Edwin P Napitu (NL) - July 2015
音樂: One Friend - Dan Seals



Intro: 12 counts

(1-8) SIDE, ½ TURN L/STEP, STEP, ROCK STEP, BACK(SWEEP), BACK ROCK, ¾ TURN L(SWEEP), CROSS, SIDE

1 – 2& R long side step to right side, ½ turn left/step L forward, step R forward
3 & 4 Rock L forward, recover on R, step L back(sweep R behind L)
5 – 6 Rock R behind L, recover on L
&7 – 8& ½ turn left/step R back, ¼ turn left/step L forward(sweep R back to front), cross R over L, step L to left side

(9-16) BACK ROCK, SIDE, BACK ROCK, ½ TURN R/BACK, BACK ROCK, FULL TURN L FORWARD, FLICK, STEP

1 – 2 Rock R behind L, recover on L
&3 – 4 Step R to right side, cross L behind R, recover on R
& 5 – 6 ½ turn right/step L back, cross R behind L, recover on L
& 7 & 8 ½ turn left/step R back, ½ turn left/step L forward, flick R behind L, step R forward

(17-24) ROCK STEP, BACK/R DRAG, BACK, ½ TURN L/STEP, STEP, ROCK STEP ¼ TURN L, SIDE, WEAVE TO LEFT

1 & 2 Rock L forward, recover on R, step L back/drag R back
3 & 4 Step R back, ½ turn left/step L forward, step R forward
5 & 6 Rock step, ¼ turn left, step L to left side
7 & 8& Cross R over L, step L to left side, cross R behind L, step L to left side

(25-34) CROSS ROCK, ¼ TURN L/STEP, STEP, PIVOT ½ TURN L STEP, FULL TURN R FORWARD, ¼ TURN R/SIDE, BACK ROCK, SWAYS

1 – 2 Cross R over L, recover on L
& 3 ¼ turn right/step R forward, step L forward
4 & 5 Step R forward, pivot ½ turn left, step R forward
6 & 7 ½ turn right/step L back, ½ turn right/step R forward, ¼ turn right/step L long to left side
8 & Rock R behind L, recover on L

RESTART – Wall 3□

9 – 10 Step R to right side/sway R to right side, sway L to left side

Restart : during 3rd wall (after count 32&).....(06:00)

Just dance & Happy Fun!

#EPN-01072015/superindo2013@gmail.com