

One Love / One Life

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Scott Schrank (USA) - July 2015
音樂: One - Anastacia : (CD: It's A Man's World - iTunes)



Intro:16 Counts (11 Seconds In)□

Phrasing: 2 Restarts after 16 counts, One 4 Count Tag
(32-32-16-32-32-16-32-32-Tag-32-32 W/Ending)

[1-8]□ROCK, RECOVER, BALL-STEP-PIVOT 1/2, 1/4 SWEEP, BEHIND-SIDE-CROSS, 1/4 SWEEP

1-2& Rock step R foot forward (1), Recover weight to L foot (2), Step ball of R foot slightly back (&)
3-4 Step L foot forward (3), Pivot 1/2 turn right on balls of feet (4) (Weight the R foot) [6:00]
5 Make 1/4 turn right stepping L foot left while sweeping R foot behind L foot (5) [9:00]
6&7 Step R foot behind L foot (6), Step L foot left (&), Cross R foot over L foot (7)
8 Make 1/4 turn right stepping L foot back while sweeping R foot back (8) [12:00]

[9-16]□ROCK BACK, RECOVER, STEP-PIVOT-CROSS, 1/4 RIGHT, 1/2 RIGHT, CHASSE 1/2 TURN

1-2 Rock back on R foot (1), Recover weight to L foot (2)
3&4 Step R forward (3), Pivot 1/4 turn left on balls of feet (&), Cross R over L (4) [9:00]
5-6 Step L foot back while making 1/4 turn right (5), Make 1/2 turn right on ball of L foot stepping
R foot forward (6) [6:00]
7&8 Step L forward (7), Pivot 1/2 turn right on balls of feet (&), Step L forward (8) [12:00]

(Restart here during 3rd and 6th rotations. You will be facing 12:00 both times)

[17-24]□SWEEP, CROSS-BACK-SWEEP, BEHIND-TURN-SIDE, BEHIND-CROSS-SWAY, FLICK

1-2& Step R foot forward while sweeping L over R (1), Cross step L foot over R foot (2), Make 1/4
turn left stepping R foot back (&) [9:00]
3-4& Step back on L foot while sweeping R foot behind L foot (3), Step down on ball of R foot left
(4), Make 1/4 turn left stepping slightly forward on L foot (&) [6:00]
5-6& Step R foot right (5), Step ball of L behind R foot (6), Cross step R foot over L foot (&)
7-8 Step L foot left while swaying hips over L foot (7), Sway hips over R foot while flicking L foot
behind R foot (8) [6:00]

[25-32]□SIDE-TOGETHER-TURN, MAMBO-1/4 SWEEP, COASTER STEP, PIVOT 1/2 TURN

1&2 Step L foot left (1), Close R next to L foot (&) Make 1/4 turn left stepping L foot forward (2)
[3:00]
3&4 Rock R foot forward (3), Replace weight to L foot (&), Step R foot back while sweeping L
foot around making 1/4 turn left (4) [12:00]
5&6 Step L foot back (5), Step R foot next L foot (&), Step L foot forward (6)
7-8 Step R foot forward (7), Pivot 1/2 turn left on balls of feet (8) [6:00]

Start the dance again!!

TAG: After the 9th rotation of the dance (Including the 2 Restarts) add the following 4 1/2 counts:

1-2& Step R foot forward (1), Lock L foot behind R foot (2), Step R foot forward (&)
3-4& Step L foot forward while sweeping R foot 1/2 turn right (3), Rock R foot back (4), Step L foot
slightly forward (&) (You will be facing 12:00)

To finish the dance, do a slow turn stretching out the last 2 counts of the dance to face 12:00

Last Update - 6th June 2016