

# One Grain Of Sand

**COPPER KNOB**  
STEPSHEETS

拍數: 96      牆數: 1      級數: Phrased Intermediate / Advanced  
編舞者: Amanda Rizzello (FR) - January 2016  
音樂: One Grain of Sand - Ron Pope



Phrased dance :ABC ABC CBB CCC  
A=32 counts B =32 counts C =32 counts

## Part A – 32 counts

### A1 : TRIPLE STEP DIAGONALLY X2 FORWARD , SAILOR STEP, SAILOR HALF TURN

1&2            Step diagonally forward right , Step left next to right,step forward right  
3&4            Step diagonally forward left, Step right next to left,step forward left  
5&6            Cross right behind left, Step left to left side, Step right next to left  
7&8            Cross left behind right, ½ turn L Step right to right side, Step left next to right (6:00)

### A2 : TOUCH, HITCH ¼ TURN LEFT, BIG STEP , BEHIND SIDE CROSS, SWITCH X2 , ROCK STEP FORWARD

1&2            step right touch beside left, ¼ turn left with hitch right, big step side right (3:00)  
3&4            Step L behind R, Step R side , cross L in front of R  
5&6            Point right to right side ,Close right next to left, Point left to left side,  
&7-8            Close left,Rock forward right, Recover on left

### A3 : TRIPLE STEP BACK X2 ,TOUCH ¾ TURN RIGHT, KICK BALL TOUCH

1&2            Step back right, Step left next to right, step back right  
3&4            Step back left, step right next to left, step back left  
5-6            Touch right behind left , ¾ turn right ,recover on right (12:00)  
7&8            kick left front, left beside right, touch right beside left

### A4 : ROCK STEP FORWARD ,COASTER STEP ,ROCK STEP SIDE ,CROSS SHUFFLE

1-2            Step right forward, recover on left  
3&4            Step back on right, Step left next to right, Step forward right  
5-6            Rock left to left side, Recover on right  
7&8            Cross left over right, Step right to right side, Cross left over right

## Part B – 32 counts

### B1 : STEP OUT,HOLD,ROCK STEP SIDE ,CROSS HOLD,ROCK STEP SIDE

1-2            Step right to right side, hold  
3-4            Rock left to left side, Recover on right  
5-6            Cross left over right ,hold  
7-8            Rock right, Recover on left

### B2 : WEAVE ¼ TURN LEFT,SWEEP ¾ TURN LEFT ,ROCK STEP FORWARD

1-2            Cross right front left, step left to left side  
3-4            Cross right behind left , ¼ turn left step left forward  
5-6            ¾ turn left with sweep right  
7-8            Step right forward, recover on left (12:00)

### B3 : BIG STEP BACK ,HOLD,ROCK STEP SIDE ,CROSS HOLD ,ROCK STEP SIDE

1-2            Big step back right, hold  
3-4            Rock left to left side, Recover on right  
5-6            Cross left over right ,hold  
7-8            Rock right to right side, Recover on left

**B4 : WEAVE ¼ TURN LEFT, SWEEP ¾ TURN LEFT, ROCK STEP FORWARD**

- 1-2 Cross right over left, step left side left
- 3-4 Cross right behind left, ¼ de turn left step left forward
- 5-6 ¾ turn left with sweep right
- 7-8 Step right forward, recover on left (12:00)

**Part C – 32 counts**

**C1 : TRIPLE STEP DIAGONALLY , ½ TURN TRIPLE BACK DIAGONALLY ½ TURN TRIPLE STEP DIAGONALLY ,KICK BALL TOUCH**

- 1&2 Step right forward diagonally right, left beside right, step right diagonally forward (1 :30)
- 3&4 ½ turn right back on left diagonally back , right step beside left,back on left (7 :30)
- 5&6 ½ turn right, step right diagonally right, left beside right, step right diagonally right (1h30)
- 7&8 kick left, left in place, right touch beside left

**C2 : TRIPLE BACK DIAGONALLY ,½ TURN TRIPLE STEP DIAGONALLY ,1/8 LEFT, STOMP HOLD ,SAILOR STEP**

- 1&2 Back on right, left beside right, back on right (diagonally back right ) (1:30)
- 3&4 ½ turn left, step left forward, right beside left, step left forward (diagonally forward left) (7 :30)
- 5-6 1/8 turn left step right to right side , hold (6:00)
- 7&8 Cross left behind right, Step right to right side, Step left next to right

**C3 : SAILOR STEP,WEAVE,HITCH 1/8 TURN BIG STEP HOLD,ROCK STEP FORWARD**

- 1&2 Step right cross behind left, step left to side left, step right to side right
- 3&4 Cross left front right, step right to side right , cross left behind
- &5-6 Hitch right, 1/8 turn right big step to right side, hold (7 :30)
- 7-8 Rock forward left , Recover on right

**C4 : HITCH X2, SAILOR STEP ,TOUCH 3 /8 TURN ,HOLD ,CLAP X2**

- 1-2 Back left with hitch left , back right with hitch right
- 3&4 Cross left behind right, Step right to right side, Step left next to right
- 5-6 Touch right behind left , 3/8 turn right, recover on left (12:00)
- 7&8 Hold , clap hand x2

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