

One Go Round

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Improver
編舞者: Billie Timmerman (USA) & Heather Jacobson (USA) - 2015
音樂: "One Go Round" by Mitch Gordon and the Unleaded Band



#16 count intro

TRIPLE FORWARD, ROCK, RECOVER, TRIPLE BACK, ROCK, RECOVER

1&2 Step R forward (1), Step L next to R (&), Step R forward (2)
3-4 Rock forward on L (3), Recover back to R (4)
5&6 Step L backward (5), Step R next to L (&), Step L backward (6)
7-8 Rock back on R (7), Recover back on L (8) (12:00)

TRIPLE R, ROCK, RECOVER, TRIPLE L, ROCK RECOVER

1&2 Step R to R (1), Step L next to R (7), Step R to R (2)
3-4 Rock L back (3), Recover onto R (4)
5&6 Step L to L (5), Step R next to L (7), Step L to L (6)
7-8 Rock back on R (7), Recover onto L (8) (12:00)

THREE STEP TURN, CLAP, HEEL HEEL PIVOT TURN

1-2 Step R to R (1), Turn ½ L, stepping L to L (2) (6:00)
3-4 Turn ¼ L,, on ball of L, touching R next to L (3), Hold with clap (4) (3:00)
5&6& Touch R heel forward (5), Step R next to L (&), Touch L heel forward (6), Step L next to R (3:00)
7-8 Step R forward (7), Pivot ½ L, stepping L in place (8) (9:00)

HEEL, HEEL, PIVOT TURN, ¼ STEP TURN X2

1&2& Touch R heel forward (1), Step R next to L (7), Touch L heel forward (3), Step L next to R (&) (9:00)
3-4 Step R forward (3), Pivot ½ L, stepping L in place (3) (3:00)
5-6 Step R to R (5), Pivot ¼ L, stepping L to L (12:00)
7-8 Step R to R (7), Pivot ¼ L, stepping L to L (9:00)

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