

# Just One Dance

COPPER KNOB  
STEPSHEETS

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Christa Thomas (USA) - May 2016  
音樂: One Dance (feat. Wizkid & Kyla) - Drake



**Intro: 16 Counts after track reaches full speed- beginning right after drums**

**[1-8] SIDE, ROCK BACK, REC, SIDE, ROCK BACK, REC**

1,2,3,4      R Step Side (1), Hold (2), L Rock Back (3), R Rec (4)  
5,6,7,8      L Step Side (5), Hold (6), R Rock Back (7), L Rec (8)

**[9-17] ROCK FWD, REC, ROCK BACK, ¼ TURN LEFT, ROCK FWD, REC, ROCK BACK, REC**

1,2,3,4      R Rock Fwd (1), L Rec (2), R Rock Back (3), ¼ Turn Left On L Rec (4)  
5,6,7,8      R Rock Fwd (5), L Rec (6), R Rock Back (7), L Rec (8)

**[18-25] SIDE, ROCK BACK, REC, SIDE, ROCK BACK, REC**

1,2,3,4      R Step Side (1), Hold (2), L Rock Back (3), R Rec (4)  
5,6,7,8      L Step Side (5), Hold (6), R Rock Back (7), L Rec (8)

**[26-32] ROCK FWD, REC, ROCK BACK, ¼ TURN LEFT, ROCK FWD, REC, ROCK BACK, REC**

1,2,3,4      R Rock Fwd (1), L Rec (2), R Rock Back (3), ¼ Turn Left On L Rec (4)  
5,6,7,8      R Rock Fwd (5), L Rec (6), R Rock Back (7), L Rec (8)

**[33-40] SIDE, CROSS, REC, ¼ TURN L, R STEP FWD**

1,2,3,4      R Step Side (1), Hold (2), L Cross Rock Over R (3), R Rec (4)  
5,6,7,8      L Step Fwd ¼ Turn L (5) Hold (6), R Step Fwd (7), Pivot ½ Turn Left W/Weight On R (8)

**[41-48] SHUFFLE FWD, ROCKING CHAIR**

1,2,3,4      L Step Fwd (1), R Step To L (2), L Step Fwd (3), Hold (4)  
5,6,7,8      R Rock Fwd (5), L Rec (6), R Rock Back (7), L Rec (8)

**[49-56] STEP, CROSS, BACK, TOGETHER, TOUCH, STEP**

1,2,3,4      R Step Fwd (1), Hold (2), L Cross Over R (3), Hold (4)  
5,6,7,8      R Step Back (5), L Together (6), R Touch Fwd (7), R Step To R (8)

**[57-64] KICK BALL CHANGE, RUN FWD**

1,2,3,4      L Kick (1), L Step In Place (2), R Step Fwd (3), Hold (4)  
5,6,7,8      (Swinging Hips) Take Small Steps Fwd – L (5), R (6), L (7), Hold (8)

**REPEAT AND ENJOY!!!**