

One Dance

COPPER KNOB
BY STEPHEN HETS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Linda Burgess (AUS) - June 2016
音樂: One Dance - Little Big Town : (Album: Wanderlust - iTunes - 3:19)



Intro: □40 counts. (No Tags Or Restarts) Dance turns Anticlockwise direction.

[1-8] □ □ STEP HIP X 3, TOGETHER & HIP X 3, STEP HIP X 3, TOGETHER & HIP X 3

1&2,3&4 Step R to R & push hips R, push hips L, push hips R, step L beside R & push hips L, push hips R, push hips L

5&6,7&8 Repeat the last 4 counts above (12.00)

[9-16] □ □ SIDE/ROCK, REPLACE, CROSS, SHUFFLE, ¼ DRAG, BALL, CHANGE

1,2,3&4 Rock/step R to R side, replace weight to L, cross/step R over L, step L to L, cross/step R over L

5,6,7&8 Turn ¼ R & take a big step back on L, drag R towards L over 2 counts (6,7), step back on R ball of foot, replace weight to L (3.00)

[17-24] □ □ WALK, WALK, BALL, CHANGE, FWD, WALK, WALK, BALL, CHANGE, FWD

1,2&3,4 Step/walk fwd R, step/walk fwd L, step back R on ball of foot, replace weight to L, step fwd R

5,6&7,8 Step/walk fwd L, step/walk fwd R, step back L on ball of foot, replace weight to R, step fwd L (3.00)

[25-32] □ □ PIVOT ½ TURN, SHUFFLE FWD, FULL TURN, FWD, TOUCH

1,2,3&4 Step fwd R, pivot ½ turn L, shuffle fwd R,L,R (9.00)

5,6,7,8 Turn ½ R & step back L, turn ½ R & step fwd R, step fwd L, touch R beside L (9.00)

[33-40] □ □ SIDE, TOUCH BEHIND, SIDE, TOUCH BEHIND, FWD HIP X 3, FWD HIP X 3

1,2,3,4 Step R to R, cross/touch L toe behind R, step L to L, cross/touch R toe behind L (optional bend knees on count 2 & 4) (9.00)

5&6,7&8 Step fwd R & push R hip fwd, push L hip back, push R hip fwd, step fwd L & push L hip fwd, push R hip back, push L hip fwd (9.00)

[41-48] □ □ FWD, ½ BACK, R COASTER, SIDE ROCK, REPLACE, ¼ ¼ SIDE

1,2,3&4 Step fwd R, turn ½ R & step back L, step back R, step L beside R, step fwd R (3.00)

5,6,7&8 Rock/step L to L, replace weight to R, cross/step L over R, turn ¼ L & step back R, turn ¼ L & step L to L side (9.00)

[49-56] □ □ CROSS/ROCK, REPLACE, SIDE SHUFFLE, CROSS/ROCK, REPLACE ¼ SHUFFLE

1,2,3&4 Cross/step R over L, replace weight to L, step R to R, step L beside R, step R to R (9.00)

5,6,7&8 Cross/rock L over R, replace weight to R, ¼ turn L & step fwd L, step R beside L, step fwd L (6.00)

(Optional triple full turn R on counts 3&4, and 1&1/4 triple turn L on counts 7&8)

[57-64] □ □ MAMBO FWD, MAMBO BACK, PIVOT ½ TURN, STEP FWD , ¼ STEP FWD

1&2,3&4 Rock/step fwd R, replace weight to L, step back R, rock/step back L, replace weight to R, step fwd L (6.00)

5,6,7,8 Step fwd R, pivot ½ turn L, step fwd R, turn ¼ L & step fwd. (9.00)

Begin again!!

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