

# One More Sleep (等候耶誕節) (zh)

COPPER KNOB  
STEPPERS

拍數: 48      牆數: 4      級數: Improver  
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音樂: One More Sleep - Leona Lewis



Intro: 16 counts

## S1. FWD ROCK RECOVER - FWD SHUFFLE 1/2 R - SWAY

1-2, 3&4      Rock RF fwd - Recover onto LF - Fwd shuffle (R L R) 1/2 turn R (6:00)  
5-8      Sway (L R L R)  
1-2, 3&4      右足前下沉 - 重心回右足 - 前交換步 (右 左 右) 右轉 1/2 (6:00)  
5-8      搖擺臀部 (左 右 左 右)

## S2. CROSS ROCK RECOVER - SAILORS 1/4 L - FWD PIVOT 1/4 L .X2

1-2, 3&4      Rock LF over RF - Recover onto RF - 1/4 turn L (3:00) Cross LF behind RF - Step RF to R -  
Step LF fwd  
5-8      Step RF fwd - Pivot 1/4 L (12:00) - Step RF fwd - Pivot 1/4 L (9:00) (weight onto LF)  
1-2, 3&4      左足前跨下沉 - 重心回右足 - 左轉1/4 (3:00) 左足後跨 - 右足旁踏 - 左足前踏  
5-8      右足前踏 - 向左踏轉 1/4 (12:00) - 右足前踏 - 向左踏轉 1/4 (9:00) (重心回到左足)

## S3. CROSS - 1/4 R BACK - R CHASSE - JAZZ BOX 1/4 L

1-2, 3&4      Cross RF over LF - 1/4 turn R (12:00) Step LF back - Chasse to R (R L R)  
5-8      Cross LF over RF - 1/8 turn L (10:30) Step RF back - 1/8 turn L (9:00) Step LF to L - Step RF  
fwd  
1-2, 3&4      右足前跨 - 右轉 1/4 (12:00) 左足後踏 - 右追步 (右 左 右)  
5-8      左足前跨 - 左轉1/8 (10:30) 右足後踏 - 左轉1/8 (9:00) 左足左踏 - 右足前踏

## S4. FWD ROCK RECOVER - BACK SHUFFLE - BACK ROCK RECOVER - FWD SHUFFLE

1-2, 3&4      Rock LF fwd - Recover onto RF - Back shuffle (L R L)  
5-6, 7&8      Rock RF back - Recover onto LF - Fwd shuffle (R L R)  
1-2, 3&4      左足前下沉 - 重心回右足 - 後交換步 (左 右 左)  
5-6, 7&8      右足後下沉 - 重心回左足 - 前交換步 (右 左 右)

## S5. SIDE ROCK RECOVER - CROSS SHUFFLE - SIDE ROCK RECOVER - VINE 1/4 L

1-2, 3&4      Rock LF to L - Recover onto RF - Cross shuffle (L R L)  
5-6, 7&8      Rock RF to R - Recover onto LF - Step RF behind LF - Step LF to L - 1/4 Turn L (6:00) Step  
RF fwd  
1-2, 3&4      左足左下沉 - 重心回右足 - 跨交換步 (左 右 左)  
5-6, 7&8      右足右下沉 - 重心回左足 - 右足後跨 - 左足左踏 - 左轉1/4 (6:00) 右足前踏

## S6. FWD ROCK RECOVER - COASTER STEP - FWD PIVOT 1/4 L - HEELS UP DROP

1-2, 3&4      Rock LF fwd - Recover onto RF - Step LF back - Step RF beside LF - Step LF fwd  
5-6, 7&8      Step RF fwd - Pivot 1/4 L (3:00) (weight onto LF) - Step RF beside LF - Both heel up - Drop  
both heels  
1-2, 3&4      左足左下沉 - 重心回右足 - 左足後踏 - 右足併踏左足旁 - 左足前踏  
5-6, 7&8      右足前踏 - 向左踏轉 1/4 (3:00) (重心回到左足) - 右足併踏左足旁 - 雙足跟提起 - 放下雙足跟

## TAG: Well 4 after 32counts (6:00)

1-4      Sway to L - Hold - Sway to R - Sway to L  
1-4      向左搖擺臀部 - 候 - 向右搖擺臀部 - 向左搖擺臀部

Have Fun & Happy Dancing!

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