

One More Sleep

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: Improver
編舞者: Nina Chen (TW) - December 2016
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)

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)

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

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)

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

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

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

1-4 Sway to L - Hold - Sway to R - Sway to L

Have Fun & Happy Dancing!

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