

One Pair of Hands (Christian song)

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Easy Beginner
編舞者: Betty Lee (CAN) - December 2016
音樂: One Pair Of Hands by Carroll Robertson



Start on lyrics "one"

SECTION 1: L NIGHTCLUB BASIC, HOLD, CROSS, SIDE, BEHIND, SWEEP

1,2&3, 4 Step L to L, Step R behind L, Recover onto L, Step R to R, Hold
5-8 Cross L over R, Step R to side, Step L behind R, Sweep R from front to back

SECTION 2: BACK ROCK, FORWARD, HOLD, FORWARD ROCK, BACK, HOLD

1-4 Step back R, Recover to L, Step forward R, Hold
5-8 Step forward L, Recover to R, Step back L, Hold

SECTION 3: SIDE ROCK, CROSS, HOLD; VINE ¼ L, HOLD

1-4 Rock step R to R, Recover onto L, Cross R over L, Hold
5-8 Step L to L, Step R behind L, ¼ turn L stepping L forward

SECTION 4: STEP, PIVOT ½ L, FORWARD, STEP, PIVOT ¼ L, CROSS, SIDE MAMBO, SIDE MAMBO TOUCH

1&2 Step forward R, Pivot ½ turn L (wt onto L), Step forward R
3&4 Step forward L, Pivot ¼ turn L (wt onto R), Cross L over R
5&6 Rock step R to R, Recover to L, Step R next to L
7&8 Rock step L to L, Recover to R, Touch L next to R

REPEAT

Tag: 16 counts, happens at the end of wall 4, facing 12:00

TS1. SIDE, DRAG, BACK ROCK; SIDE, DRAG, BACK ROCK

1-4 Long step L to L, Drag R towards L, Step R behind L, Recover to L
5-8 Long step R to R, Drag L towards R, Step L behind R, Recover to R

TS2. L SCISSORS STEP, HOLD; R SCISSORS STEP, HOLD

1-4 Step L to L, Step R next to L, Cross L over R, Hold
5-6 Step R to R, Step L next to R, Cross R over L, Hold

Ending: Wall 5 begins facing 12:00, dance up to section 4, R side mambo, L side mambo cross; Instead of touch, unwind ½ turn R, weight onto L, step forward R

Last Update - 28th Dec 2016