

A One Woman man

COPPER KNOB
STEPSHEETS

拍數: 72 牆數: 2 級數: Phrased Intermediate waltz
編舞者: Belén Márquez (ES) & Tony García (ES) - June 2017
音樂: One Woman Man - John Legend



Intro: 24 counts – Phrased: A – B – B – A – B – A – B – B – A – B – B – B – A – B – B

PART A: 48 counts

A[1-6] STEP RIGHT FORWARD, LEFT TWINKLE

- 1-3 Step right forward (3 counts)
4-6 Step left diagonally right forward, turn 1/8 left and rock right side, step left forward (10.30)

A[7-12] FORWARD TWINKLE, BACK POINT

- 1-3 Step right forward, step left together, step right in place
4-6 Step left back, point right to side (2 counts)

A[13-18] RIGHT TWINKLE, FULL TURN LEFT

- 1-3 Step right diagonally left forward, turn 1/8 right and rock left side, step right forward (1.30)
4-6 Step left forward, turn 1/2 left and step right back, turn 1/2 left and step left forward

A[19-24] RIGHT SWEEP, LEFT WAVE

- 1-3 Right Sweep from back to front in 3 counts (12.00)
4-6 Cross right over left, step right side, Cross right behind left

A[25-30] LEFT SWAY, RIGHT SWAY WITH 1/4 TURN RIGHT

- 1-3 Left Sway
4-6 Right Sway turning 1/4 right (3.00)

A[31-36] LEFT TWINKLE, RIGHT TWINKLE 1/2 TURN RIGHT

- 1-3 Step left diagonally right forward, turn 1/8 left and rock right side, step left forward (1.30)
4-6 Step right diagonally left forward, turn 1/4 right and step left back, step right diagonally right forward (10.30)

A[37-42] FORWARD POINT, BACK POINT WITH 1/4 TURN LEFT AND SWAY

- 1-3 Step left forward, point right side (2 counts)
4-6 Step right back, turn 1/4 left and point left with sway (2 counts) (6.00)

A[43-48] FORWARD TWINKLE, BACK TWINKLE

- 1-3 Step right forward, step left together, step right in place
4-6 Step left back, step right together, step left in place

PART B: 24 counts

B[1-6] 1/2 TURN BASIC DIAMOND

- 1-3 Step diagonally right forward, turn 1/8 right and step left side, turn 1/8 right and step righdiagonally left back (7.30)
4-6 Step left back, turn 1/8 right and step right side, turn 1/8 right and cross left over right (10.30)

B[7-12] 1/2 TURN BASIC DIAMOND

- 1-3 Step diagonally right forward, turn 1/8 right and step left side, turn 1/8 right and step righdiagonally left back (1.30)
4-6 Step left back, turn 1/8 right and step right side, turn 1/4 right and step left forward (6.00)

B[13-18] CHECK RIGHT & LEFT

- 1-3 Cross rock right over left, recover, step right together

4-6 Cross rock left over right, recover, step left together

B[19-24] RIGHT TWINKLE, STEP SWEEP

1-3 Step right diagonally left forward, turn 1/8 right and rock left side, step right forward (7.30)

4-6 Step left forward, right sweep from back to front in 2 counts

Contact: countrylatorre@hotmail.es
