

One Time

COPPER KNOB
STEPSHEETS

拍數: 80 牆數: 4 級數: Phrased Intermediate / Advanced
編舞者: Brenna Stith (USA) - July 2017
音樂: One Time - Marian Hill



#8 count intro

Sequence: A Tag Tag B Tag A Tag Tag B C C B B Tag Tag

Part A: 32 counts

A1: STEP TOUCH X2, ROCK RECOVER, ¼ TURN W/HIP ROLL

- 1 2 Step L fwd, Touch R beside L (12:00)
- 3 4 Step R fwd, Touch L beside R (12:00)
- 5 6 Rock L fwd, Recover weight onto R (12:00)
- 7 8 Make a ¼ turn L stepping L to side as you roll your hips counter-clockwise for 2 counts (9:00)

A2: BALL CROSS, ¼ TURN, FWD, ROCK RECOVER, BALL BACK STEP, DRAG, BALL STEP, FWD

- & 1 2 Step L beside R, Cross R over L, Make a ¼ turn L stepping fwd on L (6:00)
- 3 & 4 Step R fwd, Rock L fwd, Recover weight onto R (6:00)
- & 5 6 Step L beside R, Long step back on R, Drag L into R (6:00)
- & 7 8 Step L beside R, Step R fwd, Step L fwd (6:00)

A3: POINT CROSS X2, BACK, SIDE, KICK, BALL STEP

- 1 2 Point R to side, Cross R over L (6:00)
- 3 4 Point L to side, Cross L over R (6:00)
- 5 6 Step back on R, Step L to side (6:00)
- 7 & 8 Kick R fwd, Step R beside L, Step L fwd (6:00)

A4: ROCK RECOVER, ½ TURN, ½ TURN SHUFFLE, STEP W/SWEEP X2, COASTER STEP

- 1 & 2 Rock R fwd, Recover weight onto L, Make a ½ turn R stepping fwd on R (12:00)
- 3 & 4 Make a ½ turn R stepping back on L, Step R together, Step L back (6:00)
- 5 6 Step R back as you sweep L back, Step L back as you sweep R back (6:00)
- 7 & 8 Step back on R, Step L beside R, Step R fwd (6:00)

Tag: 8 counts

TS1: FWD, ¼ TURN, TOGETHER, CROSS, SPIRAL ½ TURN, SIDE, CROSS, POINT, TOUCH, COASTER STEP

- 1 2 Step L fwd, Make a ¼ turn L stepping R to side (3:00)
- 3 & 4 Step L beside R, Cross R over L, Step L to side as you unwind a ½ turn (9:00)
- 5 6 Step R to side, Cross L over R (9:00)
- 7 & Point R to side, Touch R beside L (9:00)
- 8 e & □ □ Step back on R, Step L beside R, Step R fwd (9:00)

***NOTES: Timing on this is a little tricky. You want to be stepping on the sounds of the horn in the music. There is a variation on counts 5-6 the 3rd time you do the tag. After the spiral turn, on [5] you will make a ¼ turn R stepping R fwd. Step fwd on [6] and continue the tag as usual. This will bring you back to the 12 o'clock wall for Part A.

Part B: 32 counts

B1: STEP TOUCH X2, STEP, TOGETHER, STEP, SAILOR STEP, SAILOR ½ TURN

- 1 & 2 & Step L to the diagonal, Touch R beside L, Step R to the diagonal, Touch L beside R (12:00)
- 3 & 4 Step L to the diagonal, Step R beside L, Step L to the diagonal (12:00)
- 5 & 6 Step R behind L, Step L in place, Step R to side (12:00)

7 & 8 Step L behind R, Make a ¼ turn L stepping R in place, Make a ¼ turn L crossing L over R (6:00)

B2: OUT, OUT, IN, CROSS, POINT, TOUCH, HITCH, RUN X3, ROCK RECOVER, ½ TURN

1 & 2 & Step R out to side, Step L out to side, Step R into center, Cross L over R (6:00)

3 & 4 Point R to side, Touch R beside L, Hitch R knee (6:00)

5 & 6 Run fwd R, L, R (6:00)

7 & 8 Rock L fwd, Recover weight onto R, Make a ½ turn L stepping forward on L (12:00)

B3: ½ TURN, ¼ TURN, CROSSING SHUFFLE, STEP TOUCH, STEP KICK, BEHIND, SIDE, CROSS

1 2 Make a ½ turn L stepping back on R, Make a ¼ turn L stepping L to side (3:00)

3 & 4 Cross R over L, Step L to side, Cross R over L (3:00)

5 & 6 & Step L to side, Touch R beside L, Step R to side, Kick L to side (3:00)

7 & 8 Step L behind R, Step R to side, Cross L over R (3:00)

B4: SIDE ROCK RECOVER CROSS X2, ¼ TURN, ¼ TURN, ¼ TURN, SIDE, HEEL SWIVEL, TOE SWIVEL, HITCH, STEP

1 & 2 Rock R to side, Recover weight onto L, Cross R over L (3:00)

3 & 4 Rock L to side, Recover weight onto R, Cross L over R (3:00)

5 & 6 & Make a ¼ turn L stepping back on R, Make a ¼ turn L stepping L to side, Make a ¼ turn L stepping R to side, Step L to side (6:00)

7 & 8 & Swivel R heel in, Swivel R toe in, Hitch R knee, Step R beside L (6:00)

Part C: 16 counts

C1: STEP DRAG X2, CROSS, SIDE, TOUCH BEHIND, UNWIND ¾ TURN

1 2 3 4 Step L fwd & slightly across R, Drag R into L, Step R fwd & slightly across L, Drag L into R (6:00)

5 6 7 8 Cross L over R, Step R to side, Touch L behind R, Make a ¾ turn L by unwinding and placing weight onto L (9:00)

C2: ROCK RECOVER & X2, CROSS, ¼ TURN, SIDE, TOUCH W/HIP ROLL

1 2 & Rock R fwd, Recover weight onto L, Step R beside L (9:00)

3 4 & Rock L fwd, Recover weight onto R, Step L beside R (9:00)

5 6 Cross R over L, Make a ¼ turn R stepping back on L (12:00)

7 8 Step R to side, Touch L slightly fwd as you roll your L hip counter-clockwise (12:00)

*****NOTE: You will repeat these 16 counts again, but change the hip roll to hip bumps. When you touch your L foot out, bump your L hip forward twice on [8 &]**

E-mail: bren.stith26@gmail.com
