

Plus 1

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Intermediate / Advanced
編舞者: Niels Poulsen (DK) - August 2017
音樂: +1 (feat. Sam White) - Martin Solveig : (iTunes)



Intro: 8 counts (app. 4 secs. into track). Start with weight on L foot, FACING 1:30

Note: NO TAGS - NO RESTARTS!

[1 - 9] Walk R, R spiral, walk R, L weave ¼ L, back R, 1/8 L side L, 1/8 L into R step lock step

1 - 3 Walk R fwd (1), step L fwd turning a full spiral turn R on L (2), walk R fwd (3) ... 1:30

(Non-turnny option for count 2: walk L fwd)

4&5& Step L fwd (4), turn 1/8 L stepping R to R side (&), turn 1/8 L stepping L back (5), hitch R knee (&) 10:30

6 - 7 Step R back (6), turn 1/8 L stepping L to L side (7) 9:00

8&1 Turn 1/8 L stepping R fwd (8), lock L behind R (&), step R fwd (1) 7:30

[10 - 17] Rock L fwd, recover 1/8 L with L sweep, L coaster, fwd R, ½ L, L back lock step

2 - 3 Rock fwd on L (2), recover back on R turning 1/8 L on R sweeping L to L side (3) 6:00

4&5 Step back on L (4), step R next to L (&), step fwd on L (5) 6:00

6 - 7 Step R fwd (6), turn ½ L on R leaving L pointed fwd (7) 12:00

8&1 Step back on L (8), lock R in front of L (8), step back on L (1) 12:00

[18 - 25] R back rock, R kick ball touch fwd, L hip roll anti clockwise, L coaster sweep

2 - 3 Rock back on R (2), recover fwd to L (3) 12:00

4&5 Kick R fwd (4), step R next to L (&), touch L fwd with a slight press into the floor (5) 12:00

6&7 Roll hips fwd (6) roll hips to the L side (&), roll hips back so weight transfers back onto R (7) 12:00

8&1 Step back on L (8), step R next to L (&), step L fwd sweeping R fwd (1) 12:00

[26 - 32] Start R jazz box, R chassé, Hold, ball side rock R, ¼ L with R flick back

2 - 3 Cross R over L (2), step back on L (3) 12:00

4&5 Step R to R side (4), step L next to R (&), step R to R side (5) 12:00

6&7 HOLD (6), step L next to R (&), rock R to R side (7) 12:00

8 Turn ¼ L when recovering onto L foot and flick R backwards (8) 9:00

[33 - 41] Walk R L R, L step lock step, rock R fwd, shuffle ½ R

1 - 3 Walk R fwd (1), walk L fwd (2), walk R fwd (3) 9:00

4&5 Step L fwd (4), lock R behind L (&), step L fwd (5) 9:00

6 - 7 Rock R fwd (6), recover back on L (7) 9:00

8&1 Turn ¼ R stepping R to R side (8), step L next to R (&), turn ¼ R stepping R fwd (1) 3:00

[42 - 49] Rock L fwd, back LR, point L&R&L fwd, L coaster cross

2 - 3 Rock L fwd (2), recover back on R (3) 3:00

4&5 Step L back (4), step R back (&), point L fwd (5) 3:00

8&6&7 Step L back (&) point R fwd (6), step R back (&), point L fwd (7) ... Styling for counts 5 - 7: do batucadas when doing the points... 3:00

8&1 Step back on L (8), step R next to L (&), cross L over R (1) 3:00

[50 - 57] R side rock, behind side cross, L side rock, behind side turn 1/8 R fwd

2 - 3 Rock R to R side (2), recover onto L (3) 3:00

4&5 Cross R behind L (4), step L to L side (&), cross R over L (5) 3:00

6 - 7 Rock L to L side (6), recover onto R (7) 3:00

8&1 Cross L behind R (8), step R to R side (&), turn 1/8 R stepping L fwd (1) 4:30

[58 - 64] Step ¼ L, R step lock step, walk L fwd, R rock step fwd

2 - 3 Step R fwd (2), turn ¼ L stepping onto L (3) 1:30

4&5 Step R fwd (4), lock L behind R (&), step R fwd (5) 1:30

6 Walk L fwd (6) 1:30

7 - 8 Rock R fwd (7), recover back on L (8). NOTE: to start wall 2 facing 7:30 turn ½ R on L 1:30

Start again

Ending Wall 6 is your last wall (starts at 12:00). Finish the whole dance (now facing 7:30). You have one beat left in the music. Turn 3/8 R on L stepping R fwd to face 12:00. HIT THAT BEAT! 12:00

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