

One Night Only

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Improver
編舞者: Suki Choi (KOR) - September 2017
音樂: One Night Only - Jane McDonald



Intro: 32 counts

INTRO DANCE - 64 counts

iS1: K Step, ¼ R Step Side, Hitch, ¼ L Step Forward / Sweep

1-2 RF step diagonally R forward, LF touch beside
3-4 LF step diagonally L back, RF touch beside
5-6 RF ¼ turn right step side, LF hitch
7-8 LF ¼ turn left step forward, LF cross over/sweep

iS2: Weave, ¼ Turn L Step Forward, ½ Pivot L, ¼ L Step Side, Touch

1-2 RF cross over, LF step side
3-4 RF cross behind, LF ¼ L step forward
5-6 RF step forward, ½ pivot turn left
7-8 RF ¼ L step side, LF touch beside

iS3: K step, ¼ L Step Side, Hitch, ¼ R Step Forward / Sweep

1-2 LF step diagonally L forward, RF touch beside
3-4 RF step diagonally R back, LF touch beside
5-6 LF ¼ turn left step side, RF hitch
7-8 RF ¼ turn right step forward, LF cross over / sweep

iS4: Weave, ¼ Turn R Step Forward, ½ Pivot R, ¼ R Step Side, Touch

1-2 LF cross, RF step side
3-4 LF cross behind, RF ¼ turn right step forward
5-6 LF step forward, ½ pivot turn right
7-8 LF ¼ R step side, RF touch beside

iS5: Rock Forward, Recover, Back, Hold, Coaster, Hold

1-4 RF step forward, LF recover, RF step back, hold
5-8 LF step back, RF step together, LF step forward, hold

iS6: Prissy Walk (x2), Hold (5), Unwind Full Turn R

1-4 RF step cross, hold, LF step cross, hold
5-8 hold (5), unwind full turn R (count 6, 7, 8)

iS7: Hands Movement

1-4 Raise up your right hand, hold, Raise up your left hand, hold
5-8 Slowly down your hands

iS8: Sway (R, L), Side Touch (R, L)

1-4 RF step side with sway right, sway left
5-8 RF step side, LF touch beside, LF step side, RF touch beside

MAIN DANCE - 64 counts

S1: Side Shuffle, Back, Recover, Side Shuffle, Back, Recover

1&2 RF step side, LF step beside, RF step side
3-4 LF rock back, RF recover
5&6 LF step side, RF step beside, LF step side

7-8 RF rock back, LF recover

S2: Side and Cross Toe Strut, Side Rock, Recover, Sailor ¼ R

1-2 RF side toe strut, RF heel down

3-4 LF cross toe strut, LF heel down

5-6 RF side rock, LF recover

7&8 RF ¼ R cross behind, LF step beside, RF step forward

S3: Cross, Back, Back, Cross, Back, ½ R Step Forward, Step Forward, ½ Pivot R

1-2 LF step cross, RF step back

3-4 LF step back, RF step cross

5-6 LF step back, RF ½ turn right step forward

7-8 LF step forward, L+R ½ turn right

S4: Cross, Rock, Recover, Side Shuffle (L, R)

1-2 LF step cross, RF recover

3&4 LF step side, RF step beside, LF step side

5-6 RF step cross, LF recover

7&8 RF step side, LF step beside, RF step side

S5: Cross Samba, ⅛ L Cross Point, Behind, ⅛ Turn L Step Side, Cross

1&2 LF cross over, RF step side rock, LF recover

3-4 RF ⅛ L step cross, LF point side

5-6 RF step cross, LF point side

7&8 RF step behind, LF ⅛ L step side, RF cross over

S6: Bump Hip (L, R, L), Bump Hip (R, L, R), Triple Step

1&2 LF step side and Bump L, Bump R, Bump L

3&4 RF ¼ L step side and Bump R, L, R

5&6 Lf step beside, RF step beside, LF step beside

7&8 RF step beside, LF step beside, RF step beside

S7: Step Back, Back, Coaster, Step Forward, Pivot ½ L

1-2 LF step back, RF step back

3&4 LF step back, RF step together, LF step forward

5-6 RF step forward, R+L ½ turn L

7-8 RF step forward, R+L ½ turn L

S8: Jazz Box, Cross, Sway (R, L, R, L)

1-2& RF step cross, hold, LF step back

3-4 RF step side, RF step cross

5-8 RF step side with Sway R, Sway L, R, L

RESTART: Dance the 2nd and 6th wall up to and including Count 52 (count 4 of the 7th section)

TAG+ RESTART: Dance the 3rd wall up to and including Count 26 (count 6 of the 4th section)

Then: 7, 8 RF side rock, LF recover

START AGAIN.

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