

One Girl Can Change The World

COPPERKNOB
STEPPERS

拍數: 64 牆數: 2 級數: Improver
編舞者: Kate Simpkin (AUS) & Melissa Foong (AUS) - September 2017
音樂: "One Girl Can Change The World" by Shuree Rivera



Introduction: 16 Beats. There is a Restart on wall 3 after 16 counts (##) then Restart facing the BACK.
Dance starts with weight on left.

S1: Walk Forward, Walk Forward, Forward Coaster, Back, Back, Behind Side Cross

1, 2 Step R Forward, Step L Forward
3 & 4 Step R Forward, Step L Together, Step R Back
5, 6 Step L Back, Step R Back
7 & 8 Step L Behind Right, Step R Side, Step L Across Right (12.00)

S2: Side Rock, Cross Shuffle, Back ¼ R, Side ¼ R, Cross Shuffle

1, 2 Step R To The Side, Side Rock Onto L
3 & 4 Step R Across In Front Of Left, Step L To The Side, Step R Across In Front Of Left
5, 6 Turning ¼ R Step Back On L, Turning 1/4r Step R To The Side
7 & 8 ## Step L Across In Front Of Right, Step R To The Side, Step L Across In Front Of Right.
(6.00)

S3: Side Touch, Kick Ball Cross, Side Touch, Kick Ball Cross

1, 2 Step R To The Side, Touch L Beside R
3 & 4 Kick L, Step L To The Side, Step R Across In Front Of Left
5, 6 Step L Side, Touch R Beside L
7 & 8 Kick R, Step R Side, Step L Across In Front Of Right (6.00)

S4: ¼ R Forward, ½ R Back, Coaster Step, Forward, ½ L Back, Shuffle Back

1, 2 Step R Forward With ¼ R Turn, Step L Back With ½ R Turn
3 & 4 Step R Back, Step L Together, Step R Forward
5, 6 Step L Forward, Step R Back With ½ L Turn
7 & 8 Step L Back, Step R Back Together, Step L Back (9.00)

S5: Back Rock, Full Turn Forward, Forward Shuffle, Paddle Turn(1/4 R)

1, 2 Step R Back, Rock Forward Onto L
3, 4 Step R Back With ½ L Turn, Step L Forward With ½ L Turn
5 & 6 Step R Forward, Step L Together, Step R Forward
7, 8 Step L Forward, Turn ¼ R Take Weight Onto R (12.00)

S6: Cross Samba, Cross Touch, ½ L Sailor Step, Pivot Turn

1 & 2 Step L Across Right, Rock R To R Side, Recover Onto L
3, 4 Step R Across Left, Touch Left To The Side
5 & 6 Turn 180□□Left Step L Behind Right, Step R To The Side, Step L To The Side
7, 8 Step R Forward, Turn ½ L Take Weight Onto L (12:00)

S7: Walk, Walk, Shuffle Forward, Pivot Turn, Shuffle Forward

1, 2 Step R Forward, Step L Forward
3 & 4 Step R Forward, Step L Next To Right, Step R Forward
5, 6 Step L Forward, Turn ½ R Take Weight Onto R
7 & 8 Step L Forward, Step R Next To Left, Step L Forward (6.00)

S8: Pivot Turn, Pivot Turn, Forward Kick, Back Touch

1, 2 Step R Forward, Turn ½ L Take Weight Onto L

- 3, 4 Step R Forward, Turn ½ L Take Weight Onto L
- 5, 6 Step R Forward, Kick L Forward
- 7, 8 Step L Back, Touch R Next To Left(6.00)

Repeat The Dance In New Direction

Contact: katesimpkin@icloud.com, melissafoongyy@gmail.com

Last Update – 12th Sept 2017
