

One of Those

COPPERKNOB
BY STEPHENETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Hana Ries (USA) - February 2018
音樂: One of Those - Canaan Smith
或: How Long - Charlie Puth



Intro: 4 counts (Start dancing on the words "ball cap") CW rotation
(Read R=right foot, L=left foot)

TOE STRUTS WITH HIP BUMPS, WALK IN PLACE WITH HIP ROLLS

1-2 Touch R toe forward and bump hips right, Step R heel down
3-4 Touch L toe forward and bump hips left, Step L heel down

During counts 1-4 travel slightly forward

5-8 Walk in place (R, L, R, L) and roll hips twice counter clockwise

Restart here on wall 4 (facing 9:00)

CROSS/RECOVER, CHASSE RIGHT, CROSS/RECOVER, ¼ TURN LEFT SHUFFLE FORWARD

1-2 Cross rock R over L, Recover to L
3&4 Step R to right, Step L next to R, Step R to right
5-6 Cross rock L over R, Recover to R
7&8 Turn ¼ left stepping L forward, Step R next to L, Step L forward

CROSS, POINT, CROSS, POINT, ROCK/RECOVER, SHUFFLE BACK

1-2-3-4 Cross R over L, Point L to left, Cross L over R, Point R to right

Option: Replace Cross/Points with Samba steps:

1&2 Cross R over L, Rock L to left, Recover to R
3&4 Cross L over R, Rock R to right, Recover to L
5-6 Rock R forward, Recover to L
7&8 Step R back, Step L next to R, Step R back

ROCK BACK/RECOVER, ½ TURN SHUFFLE BACK, ROCK BACK/RECOVER, KICK-BALL-CHANGE

1-2 Rock L back, Recover to R
3&4 ¼ Turn right stepping L to left, Step R next to L, ¼ Turn right stepping L back
5-6 Rock R back, Recover to L
7&8 Kick R forward, Step ball of R slightly back, Step L in place

REPEAT

Hana Ries; E-mail: hana.ries@yahoo.com