

One I've Been Missing

COPPER KNOB
BY STEPHEN HETS

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Adam Åstmar (SWE) - December 2019
音樂: One I've Been Missing - Little Mix



Intro: 8 counts, starting on the first clear drumbeat.

* Restart – at wall 3 after 16 counts, facing 12:00.

Sect – 1: Step & Sweep. Cross. Side. Rock Back, Recover. ¼. ¼ Rock Side, Recover. Ball. Side & Sweep. Jazz Box ¼.

- 1 – 2 a (1) Step forward on LF sweeping RF from back to front. (2) Cross RF over LF. (a) Step to the left on LF.
- 3 – 4 a (3) Turn slightly to the right diagonal rocking back on RF. (4) Recover on LF squaring up to 12'00. (a) Turn ¼ left stepping back on RF. {9:00}
- 5 – 6 a (5) Turn ¼ left rocking to the left on LF. (6) Recover on RF. (a) Ball step LF next to RF. {6:00}
- 7 – 8&a (7) Step to the right on RF, slightly turning body to right diagonal and sweep LF across RF. (8) Cross LF over RF. (&) Turn ¼ left stepping back on RF. (a) Step to the left on LF. {3:00}

Sect – 2: (Walk & Sweep) x3. Syncopated Weave. Behind, ¼, Forward. (Step ½ Turn) x2.

- 1 – 2 (1) Step forward on RF sweeping LF from back to front. (2) Step forward on LF sweeping RF from back to front.
- 3 – 4 a (3) Step forward on RF sweeping LF from back to front. (4) Cross LF over RF. (a) Step to the right on RF.
- 5 – 6&a (5) Step LF behind RF sweeping RF from front to back. (6) Step RF behind LF. (&) Turn ¼ left stepping forward on LF. (a) Step forward on RF. {12:00}
- 7 a 8 a (7) Step forward on LF. (a) Turn ½ right placing weight on RF. (8) Step forward on LF. (a) Turn ½ right placing weight on RF. {12:00}

Note! Restart occurs here at wall 3 facing 12'00.

Sect – 3: Rock Forward. Recover. ½. Spiral Full Turn. Syncopated Walk ¼ Left. Step & Sweep. Cross. Side & Sway L, R. Ball.

- 1 – 2 a (1) Rock forward on LF. (2) Recover on RF. (a) Turn ½ left placing weight on LF. {6:00}
- 3 – 4 a (3) Make a full spiral turn left on RF. (4) Step forward on LF turning 1/8 to the left. (a) Turn 1/8 to the left stepping forward on RF. {3:00}
- 5 – 6 (5) Step forward on LF sweeping RF from back to front. (6) Cross RF over LF.
- 7 – 8 a (7) Step to the left on LF and sway left. (8) Sway right. (a) Ball step LF next to RF.

Sect – 4: Cross. Side. Together. Cross. Side. ¼ Together. Step. Full Turn. Step ½ Turn. Step. Together.

- 1 a 2 (1) Cross RF over LF. (a) Step to the left on LF. (2) Close RF next to LF slightly turning body to the right diagonal (Still facing 3'00).
- 3 a 4 (3) Cross LF over RF. (a) Step to the right on RF. (4) Turn ¼ to the left closing LF next to RF. {12:00}
- 5 a 6 a (5) Step forward on RF. (a) Turn ½ to the right stepping back on LF. (6) Turn ½ to the right stepping forward on RF. (a) Step forward on LF.
- 7 – 8 a (7) Turn ½ to the right placing weight on RF. (8) Step forward on LF. (a) Close RF next to LF. {6:00}