

# One for Each Hand

**COPPER KNOB**  
STEPSHEETS

拍數: 64                      牆數: 2                      級數: Improver  
編舞者: Bev Vinge (AUS) - March 2020  
音樂: Two Pina Coladas - Garth Brooks



## **SIDE SHUFFLE LEFT, BACK, ROCK, SIDE SHUFFLE RIGHT, BACK, ROCK**

1&2,3,4                      Side Shuffle Left: L-R-L, Step R back, Rock forward onto L,  
5&6,7,8                      Side Shuffle Right: R-L-R, Step L back, Rock forward onto R.

## **SHUFFLE FORWARD, PIVOT ½ TURN, SHUFFLE FORWARD, SHUFFLE FORWARD**

1&2,3,4                      Shuffle forward: L-R-L, Step R forward, Pivot 180° Left weight on L,  
5&6,7&8                      Shuffle forward: R-L-R, Shuffle forward: L-R-L. (6:00)

## **SIDE, BEHIND, SHUFFLE ¼ TURN RIGHT, FORWARD, ROCK, COASTER**

1,2,3&4                      Step R to side, Step L behind R, Step R to side, Step L beside R, Turn 90° Right Step R forward,  
5,6,7&8                      Step L forward, Rock back onto R, Step L back, Step R together, Step forward onto L. (9:00)

## **BOX STEP ¼ TURN, BOX STEP**

1,2,3,4                      Cross R over L, Step back onto L, Turn 90° Right Step R to side, Step L together,  
5,6,7,8                      Cross R over L, Step back onto L, Step R to side, Step L together. (12:00)

## **DIAGONAL STEP, LOCK, SHUFFLE, DIAGONAL STEP, LOCK, SHUFFLE**

1,2,3&4                      Step R forward 45° Right, Lock L behind R, Shuffle forward: R-L-R,  
5,6,7&8                      Step L forward 45° Left, Lock R behind L, Shuffle forward: L-R-L.

## **BACK, TOUCH, BACK, TOUCH, BACK, TOUCH, BACK, TOUCH**

1,2,3,4                      Step R back 45° Right, Touch L together, Step L back 45° Left, Touch R together,  
5,6,7,8                      Step R back 45° Right, Touch L together, Step L back 45° Left, Touch R together.

## **VINE RIGHT ¼ TURN HITCH ¼ , VINE LEFT, TOUCH**

1,2,3,4                      Step R to side, Step L behind R, Turn 90° Right Step R forward, Turn 90° Right Hitch L,  
5,6,7,8                      Step L to side, Step R behind L, Step L to side, Touch R together. (6:00)

## **ROCKING CHAIR, V STEP FORWARD, FORWARD, BACK, TOGETHER**

1,2,3,4                      Step R forward, Rock back on L, Step R back, Rock forward on L,  
5,6,7,8                      Step R forward 45° Right, Step L forward 45° Left, Step R back to Centre, Step L together.

### **TAGS:**

At the END of Wall 1 add:- Push Hips Right, Hold.

At the END of Wall 2 add:- Repeat last 16 Steps, Push Hips Right-Left-Double Right.

At the END of Wall 3 add:- Push Hips Right, Hold.

At the END of Wall 4 add:- Push Hips Right, Hold, Left, Hold, Right, Hold.

At the END of Wall 5 add:- Push Hips Right, Hold.