

We Are One

COPPERKNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Intermediate
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- April 2020
音樂: We Are One - Jason McCoy and Friends



Intro: 16 counts (one restart)

[1-8] TOUCH, STEP, COASTER STEP, TOUCH, ½ TURN, ¼ TURN, TOUCH

1,2,3&4,5 Touch R toe fwd, step back R, step back L, step R next to L, step fwd L, touch R toe fwd
6,7,8 Turn ½ right stepping fwd R, turn ¼ right stepping side L, touch R next to L - 9:00

[9-16] KICK, BALL, CROSS, ¼ TURN, ½ TURN, CROSS, HOLD, BACK, SIDE, CROSS

1&2,3 Kick angle fwd R, step back on ball of R, cross L over R, turn ¼ left stepping back R
4,5,6 Turn ½ left stepping fwd L, cross R over L, hold
7&8 Step back L, step side R, cross L over R - 12:00

* Restart: 3rd wall facing 6:00, finish 8 count with step fwd L then restart the dance.

[17-24] SHUFFLE SIDE, FULL TURN, SAILOR SHUFFLE, SAILOR SHUFFLE

1&2,3 Step side R, step L next to R, turn ¼ left stepping back R, turn ½ left stepping fwd L
4,5&6 Turn ¼ left stepping side R, cross L behind R, step side R, step side L
7&8 Cross R behind L, step side L, step side R - 12:00

[25-32] SHUFFLE FWD, ½ TURN SHUFFLE, COASTER STEP, KICK, BALL, CHANGE

1&2 Step fwd L, step R next to L, step fwd L
3&4 Turn ¼ left stepping side R, step L next to R, turn ¼ left stepping back R
5&6 Step back L, step R next to L, step fwd L
7&8 Kick R fwd, step down on ball of R, step fwd L - 6:00

[33-40] ROCK, REPLACE, CROSS & HEEL, & CROSS, SIDE, COASTER STEP

1,2,3&4 Rock side R, replace weight L, cross R over L, step back L, touch R heel fwd
&5,6,7&8 Step back R, cross L over R, step side R, step back L, step R next to L, step fwd L

[41-48] SIDE, HOLD, SAILOR ¼ TURN, STEP, ½ PIVOT, STOMP, STOMP

1,2,3&4 Step side R, hold, cross L behind R, turn ¼ left stepping R next to L, step fwd L
5,6,7,8 Step fwd R, pivot ½ left weight on L, stomp fwd R(clap), stomp fwd L(clap) - 9:00

[49-56] ROCK, REPLACE, ¼ TURN SHUFFLE SIDE, STEP, HOLD, STEP, HOLD

1,2,3&4 Rock fwd R, replace weight L, step side R, step L next to R, step side R
5,6,7,8 Step fwd L body angled right, hold, step fwd R body angled left, hold - 12:00

[57-64] ROCK, REPLACE, ¼ TURN SHUFFLE SIDE, JAZZ BOX

1,2,3&4 Rock fwd L, replace weight R, turn ¼ left stepping side L, step R next to L, step side L
5,6,7,8 Cross R over L, step back L, step side R, step fwd L - 9:00