

One Sweet Day

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Improver NC2S
編舞者: Nita - May 2020
音樂: One Sweet Day - Boyz II Men & Mariah Carey



Intro: 16 count or start dance on word "Sorry....." - No Tag – No Restart

SEC 1: BACK, TOGETHER, IN PLACE, BACK, TOGETHER, IN PLACE, DIAGONAL ROCK, RECOVER, SIDE, DIAGONAL ROCK, RECOVER, SIDE

1-2& Step R back (1), Step L beside R (2), Step R in place (&)
3-4& Step L back (3), Step R next to L (4), Step L in place (&)
5-6& Rock R forward to L diagonal (5), Recover on L (6), Step R to side (&)
7-8& Rock L forward to R diagonal (7), Recover on R (7), Step L to side (&)

SEC2: TURN ¼ LEFT, PIVOT ½ LEFT, FORWARD, PIVOT ½ RIGHT, FORWARD, ARABESQUE, BACK, TOGETHER, ARABESQUE, CROSS OVER, SIDE

1-2& Make ¼ L turn step R forward (1), Pivot ½ L turn (2), Step R forward (&)
3-4& Step L forward (3), Pivot ½ R turn (4), Step L forward (&)
5-6& Step R forward while lift L back (5), Step L back (6), Step R next to L
7-8& Step L forward while lift R back (7), Cross R over L (8), Step L to side (7)

SEC 3: FULL DIAMOND, CROSS OVER, TURN ¼ RIGHT BACK

1-2& Step R back to L diagonal (1), Step L back to L diagonal (2), Make 1/8 R turn step R to side (&) (12.00)
3-4& Step L forward while sweeping R from back to front (3), Cross R over L (4), Step L to side (&)
5-6& Step R back to L diagonal (5), Step L back to L diagonal (6), Make 1/8 R step R to side (&) (03.00)
7-8& Step L forward while sweeping R from back to front (7), Cross R over L (8), Make ¼ R turn step L back (&)

SEC 4: BASIC NIGHT CLUB (RIGHT, LEFT), SWAY (RIGHT, LEFT, RIGHT), CLOSE

1-2& Big step R to side (1), Rock L back (2), Recover on R (&)
3-4& Big step L to side (3), Rock R back (4), Recover on L (&)
5-8 Step R to side& sway (5), Sway L (6), Sway R (7), Step L next to R (8)

Enjoy the dance & Have fun!

For more questions about this dance please contact : gieprod@yahoo.com