

One Night A Day

COPPERKNOB
BY SHEETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Roy Verdonk (NL), YoungSoon Song (KOR) & Luddy Choi (KOR) - July 2020
音樂: One Night a Day - Garth Brooks



Intro : 16 counts (appr. 16 counts into music)

Tag: in wall 3 after 20 counts a 2 count tag will occur (you will be facing 03.00)

S1: CROSS ROCK R/RECOVER L, SIDE ROCK R/ RECOVER L, CROSS R, SIDE L, 1/4 TURN R, BACK R, WALK FORWARD L/R/L, ROCK FORWARD R, RECOVER L WITH FLICK R

1&2& RF Cross Over(1), LF Recover(&), RF Rock R(2), LF Recover(&)
3&4 RF Cross Over(3), LF Step L(&), RF 1/4 Turn R Step Back R(4) (03.00)
5-6& LF Step Forward(5), RF Step Forward(6), LF Step Forward(&)
7-8 RF Rock Forward(7), LF Recover Weight Flicking RF Back(8)

S2: FORWARD R, 3/4 SPIRAL TURN L, N.C BASIC L, 1/8 TURN R ROCKING CHAIR R, WALK 3X

1-2 RF Forward (1), 3/4 Turn L (Weight RF)(2) (06.00)
3-4& LF Step L(3), RF Step Together(4), LF Cross Over with 1/8 Turn R(7:30)(&)
5&6& RF Rock Forward(5), LF Recover(&), RF Rock Back(6), LF Recover(&)
7-8& RF Step Forward(7), LF Step Forward(8), RF Step Forward(&)

S3: CROSS ROCK L/ RECOVER R, SIDE ROCK L/ RECOVER R, CROSS, SIDE, 1/4 TURN L, BACK L, WALK FORWARD R/L/R, ROCK FORWARD L, RECOVER R WITH FLICK L

1&2& LF Cross Over(1), RF Recover(&), LF rock L(2), RF Recover(&)
3&4 LF Cross Over(3), RF Step R(&), LF 1/4 Turn L Step Back(4) (03.00)
5-6& RF Step Forward(5), LF Step Forward(6), RF Step Forward(&)
7-8 LF Rock Forward(7), RF Recover Weight Flicking LF Back(8)

S4: FORWARD L, 3/4 SPIRAL TURN R, N.C BASIC R, 1/8 TURN L ROCKING CHAIR L, WALK 3X

1-2 LF Forward(1), 3/4 Turn R (Weight LF)(2) (12.00)
3-4& RF Step R(3), LF Step Together(4), RF Cross Over with 1/8 Turn L(10:30)(&)
5&6& LF Rock Forward(5), RF Recover(&), LF Rock Back (6), RF Recover(&)
7-8& LF Step Forward(7), RF Step Forward(8), LF Step Forward(&)

S5: FORWARD R WITH SWEEP AND 1/8 TURN R , CROSS , SIDE ROCK/ RECOVER CROSS 2X, BASIC N.C. R

1-2 Forward R with Sweep L With 1/8 Turn R(1), LF Cross Over(2) (12.00)
3-4& RF Rock Side R(3), LF Recover(4), RF Cross Over(&)
5-6& LF Rock Side L(5), RF Recover(6), LF Cross Over(&)
7-8& RF Step R(7), LF Step Together(8), RF Cross Over(&)

S6: 1/2 DIAMOND, SPIRAL 5/8 TURN R, WALK FORWARD 2X, FORWARD WITH SWEEP, FORWARD

1-2& LF Step L, (1), 1/8 Turn R Stepping RF Backwards(2) (01.30), LF Step Backwards(&)
3-4& 1/8 Turn R Stepping RF side(3) (03.00), 1/8 Turn R Step LF Forward (4:30)(4), RF Step Forward(&)
5-6& 1/8 Turn R Stepping LF Side L (06.00) and making 5/8 Turn R(1:30)(5), RF Step Forward(6), LF Step Forward(&)
7-8 RF Step Forward with LF Sweep(7), LF Step Forward(8)

S7: ROCK STEP FORWARD R/ RECOVER L, FULL TURN R , BACK ROCK R/ RECOVER L, 1/2 SLOW PIVOT L, FULL TURN L

- 1&2& RF Rock Forward(1), LF Recover(&), 1/2 Turn R Stepping RF forward (2) (07.30), 1/2 Turn R Stepping LF Back(&) (01.30)
- 3-4 RF Rock Back(3), LF Recover(4)
- 5-6 RF Step Forward(5), RF 1/2 Slow Turn L(7:30) (weight remains on RF)
- 7-8& LF Step Forward(7), 1/2 Turn L Stepping RF Back (8) (01.30), 1/2 Turn L Stepping LF Forward(&) (07.30)

S8: 1/8 TURN L, SWAY 3X, CROSS TWINKLE L WITH 1/8 TURN L, FORWARD WITH SWEEPS (2X), FORWARD R/L

- 1-2 1/8 Turn L Stepping RF with Sway R side(1) (06.00), LF Sway L Side(2)
- 3 RF Sway R side(3)
- 4&5 LF Cross in front of RF (4), RF rock side R (&), Recover onto LF With 1/8 turn L (5) (04.30)
- 6-7 RF forward with Sweep (6), LF forward with Sweep (7)
- 8& RF step forward (8), LF step forward (&)

Tag in wall 3 after 20 counts a 2 count tag will occur (you will be facing 03.00)

- 1-2 RF Step forward (1), make 1/4 Turn L taking weight onto LF (12.00)
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