

Wailers One World

COPPER KNOB
STEPSHEETS

拍數: 96 牆數: 1 級數: Phrased Improver
編舞者: Mark Treacy (USA) - October 2021
音樂: One World, One Prayer (feat. Skip Marley, Farruko, Shaggy & Cedella Marley) -
The Wailers



Count In: 16

Pattern: 123 123 111(for 16) Hand Up

Part 1, 16 Count (Do Twice for 32 Total), Jazz Step & Arm Circles, Skate, Hip Rolls

12,3&4,56,7&8 Jazz Step - Arm Circles R L RLR, Jazz Step - Arm Circles L R LRL

1234,5&6&7&8& Skate R L R L, Hip Rolls 4 Times

12,3&4,56,7&8 Jazz Step - Arm Circles R L RLR, Jazz Step - Arm Circles L R LRL

1234,5&6&7&8& Skate R L R L, Hip Rolls 4 Times

Part 2, 16 Count (Do Twice for 32 Total), Booty Rolls

1-8 Roll Right, Roll Double R, Roll Left, Roll Double L

1-8 Roll R, Roll L, Roll Double R, Roll Double L

1-8 Roll Right, Roll Double R, Roll Left, Roll Double L

1-8 Roll R, Roll L, Roll Double R, Roll Double L

Part 3, 32 Counts, Heel Toe Turns and Toe Heel Toe Turn Heels

1-4 Step R Heel, R Toe Quarter Turn R, R Heel, Hold

5-8 Step R Toe, R Heel, R Toe Quarter Turn R, R Heel

1-4 Step R Toe, R Heel, R Toe Quarter Turn R, R Heel

5-8 Step R Toe, R Heel, R Toe Quarter Turn R, R Heel

1-4 Step L Heel, R Toe Quarter Turn L, L Heel, Hold

5-8 Step L Toe, L Heel, L Toe Quarter Turn L, L Heel

1-4 Step L Toe, L Heel, L Toe Quarter Turn L, L Heel

5-8 Step L Toe, L Heel, L Toe Quarter Turn L, L Heel

Repeat Part 1, Part 2, Part 3

Repeat Part 1, Part 1, Part 1(for 16) Hand Up