

Una Natalie

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver / Intermediate
編舞者: Helaine Norman (USA) - August 2022
音樂: Solamente una Vez - Natalie Cole



No tags or restarts.

I. NIGHTCLUB; CHASSE, CROSS ROCK, RECOVER

1-2 Step R side, hold
3-4 Rock L behind, recover to R
5&6 Step L side, step R together, step L together
7-8 Rock R over, recover to L

II. ¼ R TURN CHASSE; ½ PIVOT R TURN; 1/4 R CHASSE TURN, ROCK RECOVER

1&2 Step R side, step L together, making 1/4 turn right step R 3:00
3-4 Step L forward, making 1/2 turn right, weight to R 9:00
5&6 Making (sharp) 1/4 turn right - step L side, step R together, step L side 12:00
7-8 Rock R over, recover to L

III. ¼ L TURN NIGHTCLUB; ¼ R TURN HOLD, CROSS ROCK RECOVER

1-2 Making (sharp) ¼ turn left, step R side, hold 9:00
3-4 Rock L back, recover to R
5-6 Making (sharp) ¼ turn right, step L side, hold 12:00
7-8 Rock R over, recover to L

Optional for 1-8: Do not make 1/4 turns. Stay at 12:00 to do two nightclubs.

IV. SIDE ROCK RECOVER, CROSS, SIDE, BEHIND; ¼ L TURN, ½ L PIVOT TURN

1-2-3 Rock R side, recover to L, step R over
4-5 Step L side, step R behind
6 Making ¼ turn left, step L 9:00
7-8 Making ½ turn left, step R forward, weight to L 3:00

Hint: Think last section of Come Dance With Me

REPEAT

END at 12:00: Will be facing 6:00. On counts 7-8, making ¼ turn left, step R side, touch L together for pose.

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Last Update: 3 Sep 2022