

One Day Longer

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: High Beginner
編舞者: Diana Oglesby (USA) - August 2022
音樂: One Day Longer - Richard Marx



Intro: 24 Counts, start with weight on L - No Tags, No Restarts

S1 (1-8) ROCK R SIDE, RECOVER, SYNCOPATED VINE TO L, ROCK L, RECOVER, ½ L TURNING SHUFFLE

1-2 Rock R side (1), recover to L (2)
3&4 Cross R behind (3), step L side (&), cross R over (4)
5-6 Rock L side (5), recover to R (6)
7&8 ½ L turning shuffle L-R-L (7&8) (6:00)

S2 (9-16) ROCK R SIDE, RECOVER, SYNCOPATED VINE TO L, ROCK L, RECOVER, ½ L TURNING SHUFFLE

1-2 Rock R side (1), recover to L (2)
3&4 Cross R behind (3), step L side (&), cross R over (4)
5-6 Rock L side (5), recover to R (6)
7&8 ½ L turning shuffle L-R-L (7&8) (12:00)

S3 (17-24) ROCK R FWD, RECOVER, SHUFFLE R BACK, SHUFFLE L BACK, SHUFFLE R BACK

1-2 Rock R forward (1), recover to L (2)
3&4 Step R back (3), step L together (&), step R back (4)
5&6 Step L back (5), step R together (&), step L back (6)
7&8 Step R back (7), step L together (&), step R back (8)

S4 (25-32) ROCK L BACK, RECOVER, TURN ¼ R and L FWD, TURN ½ R and R FWD, L SIDE, R TOGETHER, L CROSSING SHUFFLE

1-4 Rock L back (1), recover to R (2), turn ¼ R and step L forward (3), turn ½ R and step R forward (4) (9:00)
5-6 Step L side (5), step R together (6)
7&8 Cross L over (7), step R together (&), cross L over (8)

S5 (33-40) R SIDE, L TOGETHER, R CROSSING SHUFFLE, ROCK L SIDE, RECOVER, ½ L TURNING SAILOR

1-2 Step R side (1), step L together (2)
3&4 Cross R over (3), step L together (&), cross R over (4)
5-6 Rock L side (5), recover to R (6)
7&8 Cross L behind (7), turn ½ L and step R side (&), step L side (8) (3:00)

S6 (41-48) WALK, WALK, R FWD SHUFFLE, L JAZZ-BOX-TOUCH

1-2 Step R forward (1), step L forward (2)
3&4 Step R forward (3), step L together (&), step R forward (4)
5-8 Cross L over (5), step R back (6), step L side (7), touch R together (8)

REPEAT

Ending: The dance ends 24 counts into wall 8. You will be facing 6:00. To end the dance facing the beginning wall, please do the following – as you are shuffling back, for steps 7&8, do a ½ R turning shuffle to face 12:00.

Contact: d2linedance@gmail.com

