

One Night at a Time EZPZ

COPPER KNOB
BY SHEETS

拍數: 32 牆數: 4 級數: Absolute Beginner
編舞者: Mitzi Day (USA) - November 2022
音樂: One Night At a Time - George Strait



Dance starts on lyrics.

one easy in your face tag: at the end of the 32 cts when you are facing (9:00) at the end of rotation 9. the third time you are at 9:00- there is a 4 ct pause in the music with drums. just sway right then left. if you wanna play you can pretend to hit drums with music. music is at 2:54 for tag.

Section 1 - right side touch, left side touch, right side together side touch.

- 1-2 Step right to right side. Touch left toe beside right foot keeping weight on right foot.
- 3-4 Step left to left side. Touch right to to side of left foot keeping weight on left foot.
- 5-6-7-8 Step right to right side, step left beside right foot, step right foot to right side. touch left toe beside right foot.

Section 2 - left side touch, right side touch, left side together side turn 1/4 left (9:00) and touch right foot

- 1-2 Step left to left side, touch right toe beside left foot keeping weight on left foot.
- 3-4 Step right to right side, touch left toe beside right foot.
- 5-6-7-8 Step left to left side, step right beside left, step left to left side turning left foot toward 9:00, touch right beside left now facing 9:00 wall leaving weight on left foot. you just turned 1/4 to left.

Section 3 - walk forward r-l-r and scuff left foot keeping weight on right. Walk back l-r-l and touch right toe beside left foot. (9:00)

- 1-2-3-4 Walk forward right, left, right, scuff left foot leaving weight on right (9:00)
- 5-6-7-8 Walk back left, right, left, and touch right toe beside left foot leaving weight on left.

Section 4 - Rocking chair and jazz box cross. (9:00)

- 1-2-3-4 Weight is on left foot. Step right foot forward leaving left foot in same spot(1) . now replace your weight to left foot leaving both feet in same position(2) now step right foot back never moving left foot.(3) now replace your weight to left foot.(4)
- 5-6-7-8 Cross right foot over left and put weight on right foot. Step left foot straight back. Step right foot to right side. Cross left foot over right and put weight on left foot.

Enjoy! dancing is therapy!