

One Shoot Day

COPPERKNOB
STEPSHEETS

拍數: 48 牆數: 2 級數: Improver
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音樂: One Day - Charice



I. STEP FWD , BALL STEP , WALK FWD , BOUNCE

1-2& Step R fwd , Recover on L , Close R beside L
3-4& Step L fwd , Recover on R , Close L beside R
5-6 Walk fwd on R - L
7&8 Step R fwd , Heels Up , Heels down

II. HEEL TWIST , STEP BACK , COASTER STEP

1&2 Step back on R , heel twist out - in
3&4 Step back on L , heel twist out - in
5-6 Step back on R - L
7&8 Step R back , Close L beside R , Step R fwd

III. SIDE , BEND , HEEL TOE TWIST (2X)

1-2& Step L to side with Bend , heel toe twist to side
3&4 Heel toe twist to side , Hitch on R
5-6& Step R to side with Bend , heel toe twist to side
7&8 Heel toe twist to side , Hitch on L

IV. STEP FWD ,CLOSE , BACK , CLOSE , PIVOT 1/2 TURN RIGHT , FULL 1/2 TURN RIGHT

1234 Step L fwd , Close R beside L , Step L back , Close R beside L
5-6 Step L fwd , 1/2 turn right step R fwd

Restart here and Change step , Pivot 1/2 turn right and start again (12.00)
(7&8 Step L fwd , 1/2 turn right step R fwd , Close L beside R)

7-8 1/2 turn right step L back , 1/2 turn right step R fwd

V. NC BASIC WITH 1/2 TURN LEFT

1-2 Step L to side , Hold
3-4 Step R slightly behind L , Cross L over R
5-6 Step R to side , Hold
7-8 1/2 turn left step L to side , Cross R over L

VI. NC BASIC WITH 1/2 TURN LEFT

1-2 Step L to side , Hold
3-4 Step R slightly behind L , Cross L over R
5-6 Step R to side , Hold
7-8 1/2 turn left big step L to side , Step R toward to L

Restart and Change step on Wall 3 after 30 count