

# 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**