

It Only Took a Minute

COPPERKNOB
BY STEPHENETS

拍數: 32 牆數: 2 級數: High Beginner
編舞者: Sabina Frisk (SWE) - 21 February 2024
音樂: It Only Took a Minute for My Country to Love Country - Jill Johnson



Start after 16 counts with weight on L

[1-8] Step R fwd L behind R Swivel heels out, in. L rock fwd recover ¼ L chasse.

1-4 (1)R fwd (2) L Behind R (3) swivel both heels out (4) swivel both heels in. Keep weight on R
5-7 &8 (5) L Rock fwd (6) recover on R, (7) turn ¼ to L looking 21:00, L to side (&) R next to L (8) L to left.

[9-16] R heel grind ball, L heel grind ball, Step Flick back R costerstep

1,2&3,4& (1) R Heel to floor (2) twist toes out (&) ball (3) L heel to floor (4) twist toes out (&) ball
5&6 7&8 (5)R fwd (&) L flick behind R (6) L back (7) R back (&) L back (8) R fwd

[17-24] Walk, walk, shuffle, walk, walk, shuffle

1,2,3&4 (1) L Fwd (2) R fwd (3) L fwd (&) R next to L (4) L fwd
5,6,7&8 (5) R fwd (6) L fwd (7) R fwd (&)L next to R (8) R fwd

[25-32] Side rock, behind side cross, side rock hinge turn to L

1,2,3&4 (1)Rock L To L (2) recover on R (3) L behind R (&) R to R (4) L cross over R
5-8 (5) rock R To R (6)recover on L (7) R behind L (8) Turn ¼ L, step L fwd Looking 18.00

(Optional) Ending on (29) R to R Side (30)Turn L ¼ facing 12:00