

One Fine Day

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Improver
編舞者: Heather Frye (CAN)
音樂: One Fine Day - The Chiffons



RIGHT VINE, SWIVEL HEELS LEFT, CENTER, LEFT, CENTER

1-4 Step side right, step left behind right, step side right, step left beside right
5-8 Swivel heels left, swivel back to center, swivel heels left, swivel back to center with weight on right

You can substitute hip bumps for heels swivels

LEFT VINE, SWIVEL HEELS RIGHT, CENTER, RIGHT, CENTER

1-4 Step side left, step right behind left, step side left, step right beside left
5-8 Swivel heels right, swivel back to center, swivel heels right, swivel back to center with weight on left

TOE STRUTS RIGHT, LEFT, RIGHT JAZZ BOX, TOUCH

1-4 Touch toes of right foot forward, drop right heel, touch toes of left foot forward, drop left heel
5-8 Cross right foot in front of left, step left foot back, step right beside left, touch left beside right

TOE STRUTS LEFT, RIGHT, LEFT JAZZ BOX, TOUCH

1-4 Touch toes of left foot forward, drop left heel, touch toes of right foot forward, drop right heel
5-8 Cross left foot in front of right, step right foot back, step left beside right, touch right beside left

ANGLED STEP TOGETHER STEP TOUCH TO RIGHT AND LEFT

1-4 Step forward onto right to right corner, step left beside right, step forward onto right to right corner, touch left beside right
5-8 Step forward onto left to left corner, step right beside left, step forward onto left to left corner, touch right beside left

TRAVELING BACK ANGLED STEP TOUCHES, RIGHT, LEFT, RIGHT LEFT

1-4 Step back onto right to right corner, touch left beside right, step back onto left, touch right beside left
5-8 Step back onto right to right corner, touch left beside right, step back onto left, touch right beside left

STEP FORWARD RIGHT, HOLD, ½ TURN LEFT, HOLD, STEP FORWARD RIGHT, HOLD, ½ TURN LEFT, HOLD

1-4 Step forward onto right, hold, turn ½ left taking weight onto left, hold
5-8 Step forward onto right, hold, turn ½ left taking weight onto left, hold

STEP FORWARD RIGHT, HOLD, ¼ TURN LEFT, HOLD BUMP HIPS LEFT, RIGHT, LEFT, HOLD

1-4 Step forward onto right, hold, turn ¼ left taking weight onto left, hold
5-8 Bump hips left, right, left, hold

REPEAT