

One Man Woman

COPPER KNOB
STEPSHEETS

拍數: 96 牆數: 4 級數: Intermediate
編舞者: Dale Turner (UK)
音樂: Just Once - David Lee Murphy



RIGHT FOOT HEEL HOOK, RIGHT SHUFFLE, LEFT FOOT HEEL HOOK, LEFT SHUFFLE

1-2 Dig right heel forward, hook right foot in front of left leg
3-4 Step forward on right foot, step left foot beside right foot, step forward right foot
5-6 Dig left heel forward, hook left foot in front of right leg
7-8 Step forward on left foot, step right foot beside left foot, step forward left foot

RIGHT FOOT FORWARD ROCK, ½ TURN SHUFFLE RIGHT, PIVOT ½ TURN THEN ¼ TURN BOTH RIGHT, END WITH RIGHT FOOT TAP

1-2 Rock forward on right foot, recover on to left foot
3-4 Shuffle ½ turn right stepping right, left, right
5-6 Step forward on left foot turn ½ right, replace weight on right foot
7-8 Step left foot forward turning ¼ right, touch right toe beside left foot

TOE TOUCHES, RIGHT FOOT COASTER STEP, TOE TOUCHES, LEFT FOOT COASTER STEP

1-2 Touch right toe forward, touch right toe to right side
3-4 Step back on right foot, close left foot to right foot, step right foot forward
5-6 Touch left toe forward, touch left toe to left side
7-8 Step back on left foot, close right foot to left foot, step left foot forward

JUMP FEET APART THEN BACK TOGETHER, KICK RIGHT FOOT TWICE, VINE RIGHT

1-2 Jump both feet apart simultaneously then jump them back together
3-4 Kick right foot forward twice
5-6 Step right foot to right side, step left foot behind right foot
7-8 Step right foot to right side, touch left foot next to right foot (vine can be a rolling vine)

JUMP FEET APART THEN BACK TOGETHER, KICK LEFT FOOT TWICE, VINE LEFT

1-2 Jump both feet apart simultaneously then jump them back together
3-4 Kick left foot forward twice
5-6 Step left foot to left side, step right foot behind left foot
7-8 Step left foot to left side, touch right foot next to left foot

Vine can be a rolling vine

½ MONTEREY TURN RIGHT, ¼ MONTEREY TURN RIGHT

1-2 Point right foot to right side, close right foot to left foot turning ½ right
3-4 Point left foot to left side, close left foot to right foot
5-6 Point right foot to right side, close right foot to left foot turning ¼ right
7-8 Point left foot to left side, close left foot to right foot

RIGHT FOOT CHARLESTON, LEFT FOOT CHARLESTON

1-4 Point right toe forward, hold, step back on right foot, hold
5-8 Point left toe back, hold, step forward on left foot, hold

RIGHT FOOT SHUFFLE (SLOW), STEP LEFT FOOT FORWARD, CIRCLE HIPS

1-4 Step right foot forward, step left foot beside right foot, step right foot forward
5-8 Step left foot forward as you start to circle hips twice to left

WALK BACK X3, HITCH LEFT FOOT, WALK BACK X3, HITCH RIGHT FOOT

- 1-4 Walk back right, left, right hitch left leg forward
5-8 Walk back left, right, left hitch right leg forward

STEP BACK, KICK, STEP BACK, KICK, RIGHT FOOT COASTER STEP SCUFF

- 1-2 Step back on right foot, kick left foot forward, step back on left foot kick right foot forward
5-8 Step back on right foot, step left foot back next to right foot, right foot forward, scuff left foot

¼ TURN RIGHT, VINE TO LEFT, ½ TURN LEFT, HITCH, VINE TO THE RIGHT

- 1-4 Step left foot to left side turning ¼ turn right, step right foot behind left foot, step left foot to left turning ½ turn on ball of left foot while hitching right foot
5-8 Step right foot to right side, step left foot behind right foot to right side

UNWIND FULL TURN TO RIGHT, HEEL SWITCHES X3, CLAP

- 1-4 Cross left foot over right foot, unwind full turn to right ending with weight on left foot
5-6 Dig right heel forward, close right foot to left foot, dig left heel forward, close left foot to right foot
7-8 Dig right heel forward, clap

REPEAT
