

One More Day

COPPER KNOB
STEPPERS

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Johnny Montana (USA)
音樂: One More Day - Diamond Rio



SIDE, HOLD, ROCK, REPLACE

1-2 (S) Step to left side onto left foot, hold
3-4 (QQ) Step onto right foot directly behind left and rock, replace weight onto left foot

SIDE, HOLD, CROSS, TURN

5-6 (S) Step to right side onto right foot, hold
7-8 (QQ) Cross left foot behind right and step, make a ¼ turn to right and step forward onto right foot

FORWARD, HOLD, CROSS/ROCK, REPLACE

9-10 (S) Step forward onto left foot, hold
11-12 (QQ) Cross right foot over left and step (rock), replace weight onto left foot.

TURN, HOLD, TURN, TURN

13-14 (S) Make a ¼ turn to right and step to right side onto right foot, hold
15-16 (QQ) Make a ¼ turn to right and step forward onto left foot, pivoting on left foot make a ¾ turn to the right and step to right side onto right foot

CROSS/ROCK, HOLD, REPLACE, SIDE

17-18 (S) Cross left over right and step (rock), hold
19-20 (QQ) Replace weight onto right foot, step to left side onto left foot

CROSS, HOLD, SIDE, TURN

21-22 (S) Cross right over left and step, hold
23-24 (QQ) Step to left side onto left foot, make a ¼ turn to right and step back onto right foot

SIDE, HOLD, SIDE, CROSS

25-26 (S) Step to left side onto left foot, hold
27-28 (QQ) Step to right side onto right foot, cross left over right and step

SIDE, HOLD, SIDE, CROSS

29-30 (S) Step to right side onto right foot, hold
31-32 (QQ) Step to left side onto left foot, cross right over left and step

TURN, HOLD, TURN, STEP

33-34 (S) Make a ¼ turn to left and step forward onto left foot, hold
35-36 (QQ) Step forward onto right foot and make a full turn to the left, step forward onto left foot

FORWARD, HOLD, TURN, TURN

37-38 (S) Step forward onto right foot, hold
39-40 (QQ) Replace weight onto left foot and make a ¼ turn to right, make a ¼ turn right and step forward onto right foot

FORWARD/TURN, SIDE, CROSS

41-42 (S) Step forward onto left foot and make a ¾ turn to the right (take 2 beats)
43-44 (QQ) Step to right side onto right foot, cross left over right and step

SIDE, HOLD, SIDE, CROSS

45-46 (S) Step to right side onto right foot, hold

47-48 (QQ) Step to left side onto left foot, cross right over left and step

REPEAT
