

One More Time

COPPER KNOB
BY STEPHENETS

拍數: 64 牆數: 4 級數: Improver
編舞者: Michael Thompson (USA)
音樂: Wrap Around - Keith Anderson



RIGHT KICK-BALL-CHANGE, ¼ TURN LEFT, REPEAT

1&2-3-4 Kick right foot forward, step on ball of right foot, step left foot in place, step right foot forward, turn ¼ left
5-8 Repeat steps 1-4 to face back wall

HIP BUMPS AND CLAPS

1-8 Step right foot to right side and bump hips twice right, touch left foot next to right, clap, repeat to left

RIGHT KICK-BALL-CHANGE, ¼ TURN LEFT, REPEAT, HIP BUMPS AND CLAPS

1-16 Repeat first 16 counts to face front wall

HEEL TOUCHES, TOUCH BEHIND, UNWIND, ROCK STEP, REPEAT STARTING WITH OPPOSITE FOOT

1-2-3-4 Touch right heel forward, step right foot next to left, touch left heel forward, step left foot next to right
5-6-7-8 Touch right foot behind left, unwind ½ turn right, rock back onto left foot, recover forward onto right foot
9-16 Repeat steps 1-8, starting with left foot to face front wall

3 STOMPS, TOE-HEELS-TOES

1&2-3&4 Stomp right foot forward, stomp left foot to left side, stomp right foot to right side, swivel both toes in, swivel both heels in, swivel both toes in, weight ending on left foot

MONTEREY TURNS TO RIGHT

5-6-7-8 Touch right toe to right side, turn ½ right on ball of left foot, stepping right foot next to left, touch left toe to left side, step left foot next to right

DIAGONAL HIP BUMPS, TO THE LEFT HIP ROLLS WITH ¼ TURN

1-2-3-4 Step right foot toward right corner and bump hips twice, bump hips back onto left twice
5-8 Roll hips to the left twice while making ¼ turn left, weight ending on left foot

REPEAT
