

One Of The Boys

COPPER KNOB
BY STEPSHEETS

拍數: 32 牆數: 4 級數: Improver mixed rhythm
編舞者: Moses Bourassa Jr. (USA) & Barbara Frechette (USA)
音樂: One of the Boys - Gretchen Wilson



POINT -CROSSES, STEP-LOCK-STEP, ROCK STEP, RECOVER STEP

1-2 Point left toe to the left side, cross left over right
3-4 Point right toe to the right side, cross right over left
5&6 Step back on left, cross right in front of left, step back on left
7-8 Rock back on right, recover on left

FORWARD STEPS, ¼ TURN TO THE LEFT, CROSS SHUFFLE, ¼ TURN TO THE RIGHTS

1-2 Step forward on right, step left making ¼ turn to the left
3&4 Cross right in front of left, step quickly to left side with left, cross right in front of left
5-6 Step left making ¼ turn to the right, step right making ¼ turn to the right
7-8 Step left making ¼ turn to the right, step forward on right

FORWARD SHUFFLES, ROCKING CHAIR

1&2 Forward shuffle left, right, left
3-4 Rock forward on right, recover on left
5-6 Rock back on right, recover on left
7&8 Forward shuffle right, left, right

FORWARD STEP, ½ TURN TO THE RIGHT, SHUFFLE TURNING ¼ TO THE RIGHT, ROCK STEP, RECOVER STEP, SHUFFLE TURNING ½ TO THE RIGHT

1-2 Step forward on left, step right making ½ turn to the right
3&4 Step forward on left making ¼ turn to the right, step right next to left, step left next to right
5-6 Rock forward on right, recover on left
7&8 Step right making ¼ turn to the right, step left making ¼ turn to the right, step forward on right

REPEAT
