

One Quarter At A Time

COPPER KNOB
STEPSHEETS

拍數: 40 牆數: 4 級數: Beginner two step
編舞者: Teri Rogers (USA)
音樂: One Quarter At A Time - The Randy Anderson Band



FORWARD TOE STRUT, FORWARD TOE STRUT, ROCK FORWARD, RECOVER, SHUFFLE BACK

1-2 Step forward on right toe, drop right heel
3-4 Step forward on left toe, drop left heel
5-6 Rock forward on the right foot, rock back on the left foot
7&8 Shuffle back right, left, right

BACK TOE STRUT, BACK TOE STRUT, ROCK BACK, RECOVER, SHUFFLE FORWARD

1-2 Step back on left toe, drop left heel
3-4 Step back on right toe, drop right heel
5-6 Rock back on left foot, rock forward on right
7&8 Shuffle forward left, right, left

ROCK FORWARD AND BACK ¼ TURNING SHUFFLE RIGHT, WEAVE RIGHT

1-2 Rock forward on right, rock back on left foot
3&4 Turn ¼ right as you shuffle right, left, right
5-6 Cross step left foot over right foot, step right to right side
7-8 Step left foot behind right, step right to right side

CROSS ROCK, SHUFFLE, WEAVE LEFT

1-2 Cross rock left foot over right, rock back on left
3&4 Shuffle to left, right, left to left side
5-6 Cross step right foot over left, left out to left side
7-8 Cross step right foot behind left, step left out to left side

TWO ¼ MONTEREY TURNS RIGHT

1-2 Point right foot out to right side, turn ¼ right on ball of left stepping right together (right foot takes weight)
3-4 Step left to left side, step left together (weight on left)
5-6 Point right foot out to right side, turn ¼ right on ball of left stepping right together (right foot takes weight)
7-8 Step left to left side, step left together (weight on left)

REPEAT
