

One Step At A Time

COPPER KNOB
STEPSHETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Bill Larson (AUS)
音樂: One Night At a Time - George Strait



VINE RIGHT TOUCH, HEEL TAPS LEFT TOGETHER, RIGHT TOGETHER

1-2 Step right to side, step left behind right
3-4 Step right to side, touch left beside right
5-6 Tap left heel forward at 45 degrees left, step left beside right
7-8 Tap right heel forward at 45 degrees right, step right beside left

VINE LEFT TURN TOGETHER, HEEL TAPS LEFT TOGETHER, RIGHT TOGETHER

1-2 Step left to side, step right behind left
3-4 Step left to side with ¼ turn left, touch right beside left
5-6 Tap right heel forward at 45 degrees right, step right beside left
7-8 Tap left heel forward at 45 degrees left, step left beside right

WALK FORWARD RIGHT, LEFT, RIGHT KICK, WALK BACK LEFT, RIGHT, LEFT SIDE

1-4 Walk forward right, left, right, kick left forward
5-8 Walk back left, right, left step right to side

BUMP HIPS LEFT, RIGHT, LEFT HOLD, RIGHT, LEFT, RIGHT, LEFT

1-4 Bump hips left, right, left, hold
5-8 Step right to side bumping hips right, left, right, left

REPEAT

OPTIONAL CLAPS:

In sections 1 & 2 add claps on counts 2 (double clap) and 4 (single clap). It should then go, step (1), clap clap (2), step (3), clap (4) on the vines both right and left
