

One Toke Over The Line

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Improver
編舞者: Neil Hale (USA)
音樂: One Toke Over the Line - Brewer & Shipley



CROSS-ROCK BEHIND, ROCK IN PLACE, STEP SIDE, LEFT, PAUSE, REPEAT OTHER SIDE

1-4 Left cross-rock behind right, right rock in place, left step side left, pause
5-8 Right cross-rock behind left, left rock in place, right step side right, pause

ROCK BACK, ROCK IN PLACE, STEP FORWARD, CROSS-STEP BEHIND

9-12 Left rock back, right rock in place, step left forward, right cross-step behind left

STEP FORWARD, STEP FORWARD, CROSS-STEP BEHIND, STEP FORWARD

13-16 Step left forward, step right forward, left cross-step behind right, step right forward

ROCK, ROCK, STEP TOGETHER, PAUSE, (FORWARD THEN BACK)

17-20 Left rock forward, right rock in place, left step next to right, pause
21-24 Right rock back, left rock in place, right step next to left, pause

ROCK FORWARD, ROCK IN PLACE, ½ TURN, ½ TURN

25-28 Left rock forward, right rock in place, left step back into ½ turn right, right step forward into ½ turn left (turns should be done on toes and kept tight and close together)

STEP BACK, STEP TOGETHER, STEP FORWARD, STEP TOGETHER

29-32 Step left back, right step next to left, step left forward, right step next to left

STEP SIDE LEFT, STEP TOGETHER, ¼ TURN LEFT, PAUSE

33-36 Left step side left, right step next to left, left step left into ¼ turn left, pause

ROCK FORWARD, ROCK IN PLACE, ¼ TURN RIGHT, STEP TOGETHER

37-40 Right rock forward, left rock in place, right step back into ¼ turn right, left step next to right

REPEAT THAT TO THE RIGHT

41-44 Right step side right, left step next to right, right step into ¼ turn right, pause
45-48 Left rock forward, left rock in place, left step back into ¼ turn left, right step next to left

STEP SIDE, STEP TOGETHER, STEP FORWARD, PAUSE, REPEAT THAT TO RIGHT AND BACK

49-52 Left step side left, right step next to left, step left forward, pause
53-56 Right step side right, left step next to right, step right back, pause

ROCK BACK, ROCK IN PLACE, ½ TURN RIGHT, STEP SIDE RIGHT

57-60 Left rock back, right rock in place, left step forward into ½ turn right, right step side right and slightly back

CROSS-STEP OVER RIGHT, STEP SIDE RIGHT, CROSS-STEP BEHIND RIGHT, STEP SIDE RIGHT

61-64 Left cross-step over right, right step side right, left cross-step behind right, right step side right

REPEAT
