

She Is The One

COPPER KNOB
STEPSHEETS

拍數: 48
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音樂: The One - Gary Allan

牆數: 4

級數: Intermediate nightclub



½ PIVOT TURN ½ TURN WITH RONDE DE JAMBE, BASIC NIGHTCLUB 2X STEP STEP BACKWARDS WITH ½ TURN BASIC NIGHTCLUB

- 8&1 Right foot step forward make ½ turn left go on with ½ turn left with a ronde de jambe around with your left leg slowly
- 2&3 Left foot rock behind right foot left foot step to the left side and make a slide slightly to the left
- 4&5 Right foot rock behind left foot right foot step to the right side and make a slide slightly to the right
- 6&7 Left foot step back, right foot step back with ½ turn left left foot step to the left side and make a slide slightly to the left
- 8&1 Right foot rock behind left foot right foot step to the right side and make a slide slightly to the right

STEP STEP BACKWARDS WITH ½ TURN STEP SLIDE SLIGHTLY, ROCK AND STEP DIAGONAL FORWARD ½ TURN ½ TURN HOLD, 2X STEP DIAGONAL 1X BASIC SIDE

- 2&3 Left foot step back, right foot step back with ½ turn left left foot step to the left side and make a slide slightly to the left (facing 12:00)
- 4&5 Right foot rock behind left foot right foot step diagonal forward weight on right foot to (facing 4:30)
- 6&7 Making ½ turn left remain turning ½ turn left weight on right foot hold and end to (facing 4:30)
- 8&1 Left foot step diagonal forward right foot step diagonal forward left foot step to the left side and make a slide slightly to the left to (facing 4:30)

STEP STEP BACKWARDS BASIC BOX NIGHTCLUB

- 2&3 Right foot step back, left foot step back right foot step to the right side and make a slide slightly to the right (facing 6:00)
- 4&5 Left foot step forward right foot step forward to 3:00 left foot step to the left side and make a slide slightly to the left and make 1/8 turn to (facing 10:30)
- 6&7 Right foot step backwards left foot step backwards and turn 1/8 to 4:30 right foot step to the right side and make a slide slightly to right and make 1/8 turn to (facing 12:00)
- 8&1 Left foot step forward right foot step forward to 9:00 left foot step to left side and make a slide slightly to left and make 1/8 turn right to (facing 4:30)

ROCK AND STEP FORWARD ROCK AND DRAG BACKWARDS STEP BACKWARD, STEP FORWARD WITH ½ TURN AND STEP FORWARD ROCK AND BACK

- 2&3 Right foot rock behind left foot left foot recover right foot step forward to (facing 6:00)
- 4&5 Left foot rock forward and step back and make a drag with right foot hold weight on left foot (facing 6:00)
- 6&7 Right foot step back to 12:00 left foot step forward with ½ turn left to (12:00) right foot step forward to (12:00) weight on right foot
- 8&1 Left foot rock forward and step back end with (facing 12:00)

SIDE ROCK RECOVER ¼ TURN STEP PIVOT ½ AND ¼ SPIRAL TURN WITH A BASIC, ROCK AND STEP FORWARD STEP FULL CHANNE TURN LEFT WITH A BASIC

- 2&3 Right foot step to right side left foot recover right foot step ¼ turn to the right (facing 3:00)
- 4&5 Left foot step forward with ½ turn right to 9:00 make ¼ turn left and holding your right foot forward in front of left foot (facing 12:00) left foot step to the left side and make a slide slightly to the left side (facing 12:00)
- 6&7 Right foot rock behind left foot and right foot step forward to 3:00

8&1 Left foot step $\frac{1}{2}$ turn left right foot glose next to left foot and make a $\frac{1}{2}$ turn left (to the left) counter to the right left foot step to the left side and make $\frac{1}{4}$ turn left and make a slide slightly to the left side weight on left foot end (facing 12:00)

3X QUICK STEPS FORWARD MAMBO STEP WITH $\frac{1}{4}$ TURN, WITH 1X A BASIC WITH 3X QUICK STEPS FORWARD HOLD

2&3 Right foot step forward left foot step forward right foot step forward to 12:00

4&5 Left foot rock forward with $\frac{1}{4}$ turn left left foot step to the left side and make a slide slightly to the left side (facing (9:00)

6&7 Right foot step forward left foot step forward right foot step forward hold (facing 9:00)

REPEAT
