

# Her? Or Me?

COPPER KNOB  
STEPSHEETS

拍數: 0                      牆數: 4                      級數: Intermediate  
編舞者: Amy Christian (USA)  
音樂: One or the Other - Paula Abdul



Sequence: A, A, B, B, A, A, B, B, B, A, A, Tag, B, B  
32 Count Intro, start when Paula sings "have the time, to make up"

## PART A

### STEP, BALL, STEP, MOVING FORWARD

1&2                      Step right foot forward, step on ball of left foot, step right foot forward  
**Bring shoulders inwards, crossing hands, snapping fingers, butt sticking out**  
3&4                      Step left foot forward, step on ball of right foot, step left foot forward  
**Bring shoulders backwards, hands to the back, snapping fingers, pushing pelvic forward**  
5-8                      Repeat 1-4 steps

### SIDE TOUCHES, STEP BACK ¼ TURN LEFT, LEFT COASTER, STEP FORWARD

1-2                      Step right foot to right side, touch left foot next to right foot (right side body roll)  
3-4                      Step left foot to left side, touch right foot next to left foot (left side body roll)  
5                          ¼ turn left, stepping back on right foot  
6&7                      Left coaster step  
8                          Step right foot forward

### TURN RIGHT ¼, ½, POSE, HOLD, ¼ TURN LEFT, HOLD, LEFT COASTER

1-2                      ¼ turn right on left foot, ½ turn right on right foot (6:00)  
**Pose - hands at chin level, palms open facing forward**  
3-4                      Hold for 2 counts, still posing with hands  
5-6                      ¼ turn left, hold or do a body roll (weight on right foot)  
7&8                      Left coaster step

### HITCH, TWIST ¼ RIGHT, RIGHT COASTER, HITCH, TWIST ¼ LEFT, LEFT COASTER

1-2                      Hitch right foot, twist ¼ turn right on left foot  
3&4                      Right coaster step  
5-6                      Hitch left foot, twist ¼ turn left on right foot  
7&8                      Left coaster step

## PART B

### SIDE ROCKS, MOVING FORWARD

1-2&                      Step right foot to right side, rock on left foot to left side, step right foot next to left foot  
**Move forward while doing this whole 8 count. Look right, while hands swing to left with fingers in snapping position**  
3-4&                      Rock left foot to left side, rock back on right foot to right side, step left foot next to right foot  
**Look left, while hands swing to right with fingers in snapping position**  
5-6&                      Repeat 1-2&  
7-8                      Rock left foot to left side, recover back on right foot

### POINT, ¼ TURN RIGHT, RIGHT COASTER, STEP FORWARD, TOUCH

**This set of 8 steps are repeated again at the 4th set of 8**

1-2                      Step left foot next to right foot (hands straight in front, pointing index fingers & pushing butt back), straighten up (bring hands inwards slapping thighs)  
3-4                      ¼ turn right rolling right shoulder backwards  
5&6                      Right coaster step  
7-8                      Step left foot forward, touch right foot next to left foot

**OUT, OUT, IN, IN, BACK, BACK, FORWARD, FORWARD, STEP TOUCH, STEP TOUCH**

- &1&2 Step right foot to right side, step left foot to left side, step right foot in, step left foot next to right
- &3&4 Step right foot back, step left foot back next to right, step right foot forward, step forward next to right foot
- 5-7 Step right foot to right side, touch left foot next to right foot, step left foot to left side, touch right foot next to left foot

**POINT, ¼ TURN RIGHT, RIGHT COASTER, STEP FORWARD, TOUCH**

- 1-8 Repeat the 2nd set of 8 counts of Part B again

**TAG**

**SHOULDER POPS 2X RIGHT, 3X LEFT, 2X RIGHT, 1X LEFT, HOLD, POSE**

**While dancing the last a, minus the last 4 counts, right after the right coaster step. (don't do the left hitch ¼ turn left, left coaster step). Replace the 4 counts with this**

- 1-2 Step left foot next to right foot and pop right shoulder up, pop right shoulder back
- 3-4 Pop left shoulder up as right shoulder goes down, pop left shoulder back
- 5 Pop left shoulder even further back
- 6-8 Pop right shoulder up as left shoulder goes down, pop right shoulder back, pop left shoulder up
- 9 Hold
- 10 Hitch right foot diagonally across left foot (right knee facing 10:00)

**Hands out to the sides, open palms slightly angled backwards (or do any pose you like)**

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