

One Night Only

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Intermediate
編舞者: BM Leong (MY) - July 2008
音樂: One Night Only - Jennifer Hudson



Count In: 16 counts.

CROSS, RECOVER, SIDE, TOUCH, CROSS, RECOVER, BACK, TOUCH

1-2 Cross left over right bending knees & stretching both arms to the sides, recover onto right
3-4 Big step left to left side dragging right, touch right beside left
5-6 Cross right over left bending knees & stretching both arms to the sides, recover onto left
7-8 Big step right back diagonally dragging left, touch left beside right

BACK, RECOVER, FORWARD, TOUCH, DIAGONAL FORWARD SHUFFLE, FORWARD, RECOVER

1-2 Step left back, recover onto right
3-4 Big step left forward diagonally dragging right, touch right beside left
(options: 3&4 Triple full turn right on LRL)
5&6 Shuffle forward along right diagonal on RLR
7-8 Lunge forward onto left bending knees, recover onto right

BACK SHUFFLE, BACK, RECOVER, STEP, TOUCH, POINT, HOLD

1&2 Shuffle backwards on LRL
3-4 Step right back, recover onto left
5-6 Step right forward, touch left forward crossing both hands at knee level
(left leg should be straight with right knee bent and both palms facing upward)
7-8 Point left to left side straightening body & lifting arms up to shoulder level, hold

CROSS, UNWIND, FORWARD SHUFFLE, STEP, PIVOT 1/2 TURN LEFT, FORWARD SHUFFLE

1-2 Cross left over right, unwind 3/4 turn right
3&4 Shuffle forward on LRL
5-6 Rock right forward pointing right hand forward, 1/2 turn left stepping weight onto left
7&8 Shuffle forward on RLR

TAG at the end of wall 5.

1-2 Cross left over right, point right to right side
3-4 Cross right over left, point left to left side
5-6 Cross left behind right, point right to right side
7-8 Cross right behind left, point left to left side

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