

My One Desire

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Peter Metelnick (UK) & Alison Metelnick (UK) - January 2009
音樂: You're the Reason - Dr. Victor & The Rasta Rebels : (CD: If You Wanna Be Happy)



(1-8) R Cross Rock Side, L Cross Rock ¼ L, ¾ L Turn & R Side, L Cross Rock Side

1&2 Cross rock R over L, recover weight on L, step R side
3&4 Cross rock L over R, recover weight on R, turning ¼ left step L forward
5&6 Step R forward, pivot ½ left, turning ¼ left step R side (12 o'clock)
7&8 Cross rock L over R, recover weight on R, step L side

(9-16) Weave L 2, Syncopated Weave With Hitch Turning ¼ R, L Fwd Shuffle, R Chase Turn

1-2 Cross step R over L, step L side
3& Cross step R behind L, step L side
4& Cross step R over L, hitch L up turning ¼ right
5&6 Step L forward, step R together, step L forward (or lock step)
7&8 Step R forward, pivot ½ left, step R forward (9 o'clock)

(17-24) L & R Fwd Hip Bumps, L Fwd Mambo, R Back Mambo

1&2 Stepping L forward bump hips L/R/L
3&4 Stepping R forward bump hips R/L/R
5&6 Rock L forward, recover weight on R, step L back
7&8 Rock R back, recover weight on L, step R forward (9 o'clock)

(25-32) L Side Rock & Recover Into R Meringue With Flick, R Cross Step, L Back, ½ R Coaster Step, L Fwd On L Diagonal

1& Rock L side, recover weight on R
2& Step L together, step R side
3& Step L together, step R side
4 Step L together & flick R back
5-6 Cross step R over L, step L back
7& Sweeping R ½ right step R back, step L together
8& Step R together, step L slightly forward on L diagonal (3 o'clock)

TAGS: At the END of EVER 2nd wall (AFTER wall 2, 4, 6 & 8) ADD the following 16 count tag and then begin the dance again from the beginning. Also note the dance will finish with the tag.

(1-8) Walk Fwd R & L, R Chase Turn, Walk Fwd L & R, L Chase Turn

1-2 Step R forward, step L forward
3&4 Step R forward, pivot ½ left, step R forward
5-6 Step L forward, step R forward
7&8 Step L forward, pivot ½ left, step L forward

(9-16) R Full Paddle Turn, L Full Paddle Turn

1&2&,3&4& Over the next 4 counts execute a full turn R
5&6&,7&8& Over the next 4 counts execute a full turn L

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