

One Night & One Day

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Esmeralda van de Pol (NL) - March 2010
音樂: Just One Day - Kim Sozzi



Intro : 16 tellen

Step Fwd, ¼ Turn R, Cross Shuffle, Monterey ½ Turn R, Kick Ball Cross

1-2 Step LF forward, make a ¼ Turn Right, weight on RF
3&4 Cross step left over right, Step right to the right side, Cross step left over right
5-6 Touch right to the right side, ½ Turn right, close right next to left
7&8 Kick LF forward, Step LF next to RF, Cross RF over LF (9)

Side Step, Rock Step Fwd, ¼ Turn R, ¼ Turn R, Back Rock Step, Step Fwd

1-2 Step left to the left side, Rock forward on RF
3-4 Recover weight on LF, ¼ Turn right, step RF forward
5-6 ¼ Turn Right, step LF to the left side, Rock Back RF
7-8 Recover weight on LF, step RF Forward (3)

Side Step, ¼ Turn R, Cross Shuffle, ¼ Turn L, ¼ Turn L, Step Pivot ¼ Turn L & Cross,

1-2 Step Left to the Left side, make ¼ turn right, step right to the right side
3&4 Cross Left over Right, Step right to the right side, Cross Left over Right
5-6 Make ¼ turn Left, stepping back on right , Make ¼ turn Left, step left to the left side
7&8 Step forward on right, Make ¼ turn Left , weight on LF, Cross Right over Left (9)

Side Step, R. Sailor Step, Behind-Side- Cross, Side Rock Step ¼ Turn L,

1-2 Step LF to the left side, Cross right behind left,
&3-4 Step Left to the left side, Step right to the right side, Cross LF behind RF
5-6 Step right to the right side, Cross left over right
7-8 Rock right to the right side, recover on left with ¼ turn left (6)

Step Fwd, Full Turn R, Step Fwd, Rock Step Fwd, ½ Turn R, Step Fwd,

1-2 Step forward on right, make ½ Turn Right, step left back
3-4 Make ¼ turn right, step right forward, Step Left Forward
5-6 Rock forward on right, Recover on Left
7-8 Make ½ turn right, step RF forward, Step forward on Left (12)***Restart 3 wall
(For the restart you need a & count for restart the dance, & Close RF next LF)

Jazz Box ¼ Turn R, Chasse R, Shuffle Fwd

1-2 Cross right over left, Step Left back
3-4 ¼ turn R, step right to the right side, Cross left over right
5&6 Step right to the right side, close Left next to right, Step right to the right side
7&8 Step forward on Left, close right next to left, Step forward on Left (3)

Kick Ball Touch, ¼ Turn L, Touch, Kick Ball Touch, ¼ Turn L, Step

1&2 Kick RF forward, step RF next to left, Touch left next to right
3-4 Make ¼ turn Left, step left to the left side, Touch right next to left
5&6 Kick RF forward, Step right next to left, Touch left next to right
7-8 Make ¼ turn Left, step left to the left side, Close right next to left (9)*** Restart 5 wall

Rock Step Fwd, & Walk Walk, Pivot ½ Turn L, Shuffle Fwd

1-2 Rock forward on left, Recover on right
&3-4 Close left next to right, Step forward on right, Step forward on left

5-6 Step forward on right, Make $\frac{1}{4}$ turn left, weight on LF
7&8 Step forward on right, Close left next to right, Step forward on right (3)

Tag:

At the end of the first wall

Rock Step, Coaster Step, Rock Step, Coaster Step

1-2 Rock forward on left, Recover on right
3&4 Step back on left, Step right next to left, Step forward on Left
5-6 Rock forward on right, Recover on Left
7&8 Step back on right, Step left next to right, Step forward on right (3)

Restart In the 3e wall after 40 counts, you dance & count for restart the dance, close RF next to LF

Restart In the 5e wall after 56 counts
