

# JLo ONE

COPPER KNOB  
STEPSHEETS

拍數: 96      牆數: 1      級數: Intermediate  
編舞者: Iwan Loebis (INA) - February 2011  
音樂: Si Ya Se Acabó - Jennifer Lopez : (Album: The Best of Jennifer Lopez)



Dance starts with the main vocal

## S1. PRISSY WALK, CROSS, SIDE, CROSS, LONG SIDE, ¼ BACK, SIDE, CROSS

1-2            Cross R over L, cross L over R  
3&4           Cross R over right, step/rock L to left side, recover on R  
5-6           Cross R over L, long step R to right side  
7&8           ¼ turn left stepping back on L, step R to right side, cross L over R (09.00)

## S2. RIGHT CHASSE, ¼ FWD, ¼ SIDE, BEHIND-SIDE-CROSS, KICK BALL FWD

1&2           Chasse right stepping: R-L-R  
3-4           ¼ turn left step L forward, ¼ turn left step R to side (03.00)  
5&6           Cross L behind R, step R to right side, cross L over R  
7&8           Kick R forward, step R next to L, Step L forward

## S3. FWD LOCKSTEP, 2x ¼ FWD LOCK STEP, FWD, HITCH

1&2           Step R forward, cross L behind R, step R forward  
3&4           ¼ turn right step L forward, cross R behind L, step L forward  
5&6           ¼ turn right step R forward, cross L behind R, step R forward  
7-8           Step L forward, hitch R (09.00)

## S4. ROCK, RECOVER, 4x SWEEP BACK, SIDE ROCK-RECOVER, TOUCH

1-2           Rock R forward, recover on L (10.30)  
3-4-5-6       Sweep/step back on R, L, R, L  
7&8           Step/rock R to right side, recover on L, touch R beside L

## S5. SIDE, DRAG, BACK, COASTER STEP, WALK: L-R-¼L

1-2           Step R slightly to side, drag L towards R (10.30)  
3            Step L slightly backward (07.30)  
4&5           Step back on R, step L next to R, step R forward (09.00)  
6-7-8        Step L forward, step R forward, ¼ turn right step L forward (12.00)

## S6. ROCK, RECOVER, BEHIND-SIDE-FWD, ¾ TURN, FWD, HITCH

1-2           Rock R forward, recover on L  
3&4           Cross R behind L, step L to left side, step R forward  
5&6           Cross/rock L over R, recover on R making 135° (3/8th) turn right, cross L over R making another 135° (3/8th) turn right (09.00)  
7-8           Step R forward, hitch L

## S7. ROCK, RECOVER, 2x BACK LOCK STEP< BEHIND-SIDE-CROSS

1&2           Step/rock L forward, recover on R  
3&4           Step back on L, cross R over L, step back on L  
5&6           Step back on R, cross L over R, step back on R  
7&8           Cross L behind R, step R to right side, cross L over R

## S8. FULL TURN, FWD DIAGONAL, DRAG, SIDE, DRAG, TOUCH, HOLD

1-2           Step R forward, cross L over R making a full turn right keeping weight on L  
3-4           Step R diagonally right forward (body facing 07.30), draw L slightly towards R  
5            Step L to left side (09.00)

6-8 Drag R slowly towards L, touch R toe beside L, hold

**S9. TURN, 2x FWD-HOLD (SLOW WALK), TAP, ¼ SIDE**

1-2 Step R forward (start walking around clockwise to make full turn right), hold  
3-4 Step L forward, hold  
5-6 Step R forward, hold  
7-8 Tap L forward (09.00), ¼ turn right stepping L to left side (12.00)

**S10. SAILOR, MODIFIED SAILOR, LUNGE KICK, FWD, ½ PIVOT, ½ BACK**

1&2 Cross R behind L, step L to left side, step R to right side  
3&4 Cross L behind R, step R to right side, step/low jump on L forward  
5-6-7 Lunge kick on R, Step R forward, ½ turn left  
8 Make another ½ turn left stepping back on R (12.00)

**S11. BEHIND-SIDE-STEP/HOP, LUNGE KICK, FWD ½ PIVOT, ½ BACK, SAILOR**

1&2 Cross L behind R, step R to right side, step/low jump on L forward  
3-4-5 Lunge kick on R, step R forward, ½ turn left  
6 Make another ½ turn left stepping back on R (12.00)  
7&8 Cross L behind R, step R to right side, step L to left side

**S12. WALK AROUND**

1-8 Walking round clockwise in a circle (12.00)

**Optional:**

1-2 Unwind full turn right  
3-4 Unwind full turn right  
5-6-7-8 Walking round clockwise in a circle (12.00)

**REPEAT ....**

**Ending: (After 3rd rotation)**

1-4 Traveling full turn right  
5-8 Traveling full turn left

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