

# 1 Nite 1 Life

COPPERKNOB  
STEPSHEETS

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Esmeralda van de Pol (NL) - September 2011  
音樂: #1Nite (One Night) - Cobra Starship



**Start : 16 counts after the heavy beat**

## **SAILOR ¼ TURN R, FWD STEP, ½ TURN L, SHUFFLE ½ TURN L, FWD ROCK, RECOVER**

1&2      Cross R behind L, make ¼ turn R-step L to L side, Step R to R side 03.00  
3-4      Step L fwd, ½ Turn L stepping R back  
5&6      Shuffle ½ Turn L, L, R, L 09.00  
7-8      Rock R fwd, Recover on L 03.00

## **TOUCH BACK, ¼ TURN R, CROSS, SIDE, SAILOR STEP, BEHIND-SIDE-CROSS**

1-2      Touch R back, ¼ Turn R weight on R 06.00  
3-4      Cross L over R, Step R to R side  
5&6      Cross L behind R, Step R to R side, Step L to L side  
7&8      Cross R behind L, Step L to L side, Cross R over L

## **SIDE ROCK, RECOVER & BEHIND, ¼ R TOUCH BALL STEP, STEP FWD, ½ TURN L, COASTER STEP**

1&2      Rock L to L side, Recover on R, Cross L behind R  
3&4      Touch R next to L, ¼ turn R step on place, Step L fwd. 09.00  
5-6      Step fwd on R, ½ Turn L step L back 03.00  
7&8      Step R back, Step L next to R, Step R fwd

## **FWD SHUFFLE, FULL TURN L, PIVOT ¼ TURN L & SIDE ROCK**

1&2      Step L fwd, Step R next to L, Step L fwd  
3-4      ½ Turn L step R back, ½ Turn L step L fwd 03.00  
5-6      Step R fwd, ¼ Turn L, weight on L 12.00  
&7-8      Step R next to L, Rock L to L side, Recover on R

## **CROSS, MONTEREY ¼ TURN R, MONTEREY ¼ TURN L, TOUCH-BALL-CROSS**

1-2      Cross L over R, Touch R to R side  
3-4      ¼ Turn R-step R next to L, Touch L to L side 03.00  
5-6      ¼ Turn L-step L next to R, Touch R to R side 12.00  
7&8      Touch R next to L, Step R on place, Cross L over R

## **BACK, SIDE, CROSS SHUFFLE, JAZZBOX**

1-2      Step R back, Step L to L side  
3&4      Cross R over L, Step L to L side, Cross R over L  
5-6      Cross L over R, Step R back  
7-8      Step L to L side, Step R fwd

## **STEP LOCK, LOCK STEP FWD, FWD ROCK, SIDE MAMBO**

1-2      Step L fwd, Cross R behind L  
3&4      Step L fwd, Cross R behind L, Step L fwd  
5-6      Rock fwd on R, Recover on L  
7&8      Rock R to R side, Recover on L, Step R next to L

## **FWD STEP, UNWIND ½ TURN R, CHASSE R, KICK-BALL-CROSS & CROSS, SIDE STEP**

1-2      Step L fwd, Unwind ½ turn R-weight on L 06.00  
3&4      Step R to R side, Step L next to R, Step R to R side

5&6 Kick L fwd, Step L next to R, Cross R over L  
&7-8 Step L to L side, Cross R over L, Step L to L side

**Tag : end of the 5th wall (06.00)**

**Kick & Touch &, Kick & Touch**

1&2 Kick right fwd, Step right next to left, Touch left to left side  
&3&4 Kick left fwd, Step left next to right, Touch right to right side

**Start again and have fun.**

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