

Just One Dance

COPPER KNOB
BY STEPHEN BATES

拍數: 64 牆數: 4 級數: Intermediate - WCS
編舞者: Maryloo (FR) - September 2010
音樂: Just One Dance - Caro Emerald : (CD: Deleted Scenes from the cutting Room Floor)



Intro : 16 + 32 temps

WALK & HOLD TWICE, ¼ TURN LEFT, BALL CLOSE ,STEP, ROCK FORWARD, RECOVER

1 -2 Step right forward crossing slightly over left, hold
3 - 4 Step left forward crossing slightly over right, hold
&5-6 ¼ turn left stepping right back, step left together, step right forward
7 - 8 Rock left forward, recover on right

BIG STEP BACK , DRAG, COASTER, CROSS, SIDE, TOE ½ TURN LEFT, DROP

1-2 Big step left back, drag right next to left
3&4 Step right back, step left together, step right forward
5 -6 Cross left over right, step right to side
7 -8 Touch left toe behind right, pivot ½ turn left , drop left in place

SIDE ROCK,CROSS, SIDE, BEHIND, SIDE, CROSS, BIG STEP TO SIDE, DRAG

1 - 2 Rock right to side, recover on left
3 -4 Cross right over left, step left to side
5&6 Cross right behind left, step left to side, cross right over left
7 - 8 Big step left to side, drag right next to left

BACK ROCK, SIDE, BEHIND, SIDE SHUFFLE ¼ TURN RIGHT, STEP PIVOT 1/4 TURN RIGHT

1 -2 Rock right back, recover on left
3 -4 Step right to side, cross left behind right,
5&6 Step right to side, step left together, ¼ turn right stepping right forward
7 -8 Step left forward, pivot ¼ turn right (weight on right)

L & R VAUDEVILLES, CROSS, SIDE, TOE ¾ TURN LEFT , DROP

1&2& Cross left over right, step right to side, touch left heel diagonally forward, step left back to place
3&4& Cross right over left, step left to side, touch right heel diagonally forward , step right back to place
5-6 Cross left over right, step right to side
7 -8 Touch left toe behind right, pivot ¾ turn left, drop left in place

ROCK FORWARD, SHUFFLE BACK, ROCK BACK , SHUFFLE FORWARD

1-2 Rock right forward, recover on left
3&4 Shuffle back: right, left, right
5 -6 Rock left back , recover on right
7&8 Shuffle forward : left, right, left

SYNCOPATED KICKS (R L R L), JAZZ BOX ¼ TURN RIGHT

1&2& Kick right forward slightly across left,step right to side, kick left forward slightly across right, step left to side
3&4& kick right forward slightly across left,step right to side, kick left forward slightly across right, step left to side
5 - 8 Cross right over left, ¼ turn right stepping left back , step right to side, step left forward

TOE STRUTS FORWARD WITH HIP BUMPS (R L), HIP ROLL TWICE

- 1 – 2 Step right toe forward and hip bump right diagonal, drop right heel
- 3- 4 Step left toe forward and hip bump left diagonal , drop left heel
- 5 – 8 Roll hips to the right twice (weight ends on left)

RESTART : On the 2nd wall , after 48 counts begin again the dance

EASY TAG / Bridge: 4 counts

On the 5 th séquence, after 32 counts , make two sways :

- 1- 2 sway to left
- 3 -4 sway to right

and continue the dance

Have Fun !

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