

One Beat At A Time

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Easy Intermediate
編舞者: Alex Robb (UK) - June 2012
音樂: One Beat At a Time - Steve Holy : (CD: Blue Moon - iTunes)



Count in: 32 counts from heavy beat. (Approx. 22 secs. Just before vocals.)

Sec 1: R Mambo Fwd, L Coaster Step, Rumba Box

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

Sec 2: Cross Rock, Side Rock, Back Rock ¼ Turn R Lock Step, Step Half Step

1&2& Rock R over L, Recover on L, Rock R to R side, Recover on L,
3&4 Rock back on R, Recover on L, Turn ¼ R stepping fwd on R
5&6 Step fwd L, Lock R behind L, Step fwd L
7&8 Step fwd on R, Turn ½ L (weight on L) Step fwd on R

Sec 3: Run Fwd turning ¼ turn L, Walk Fwd X 2, Run RLR & Mambo Fwd

1&2 Turning a ¼ turn L run fwd LRL,
3,4 Step fwd on R, Step fwd on L
5&6& Run fwd RLR & step L next to R ***Restart on walls 2 & 4 ***
7&8 Rock fwd on R, Recover on L, Step back on R

Sec 4: Sailor ¼ L, Cross Shuffle, L Scissor Cross, Side Rock, Back Rock

1&2 Turn ¼ L sweeping L behind R, Step R to R side, Step L to L side
2&4 Cross R over L, Close L next to R, Cross R over L
5&6 Step L to L side, Close R next to L, Cross L over R
7&8& Rock R to R side, Recover on L, Rock back on R, Recover on L

Begin dance again

Restarts: -

Wall 2 Dance up to counts 22&(facing 9 o clock) Begin again

Wall 4 Dance up to counts 22&(facing 6 o clock) Begin again

Tag: End of wall 5 (9 o clock) & wall 7 (3 o clock)

Tag: Rock, Recover, Behind, Side, Cross, Recover, Behind, Side, Fwd

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

Ending: After wall 8: R Mambo fwd, Sailor ½ Turn L, Step fwd R,L

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