

One Thing

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Easy Intermediate
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音樂: One Thing - One Direction : (Single - iTunes)



Begin on vocals 8 beats in

[1-8] FWD, ROCK, TOG, WALK BACK LR, COASTER STEP, KICK BALL STEP 12.00

12&34 Step R fwd, rock weight back onto L, step R tog (&), walk back L,R
5&67&8 Step L back, step R tog (&), step L fwd, kick R fwd, step R tog (&), step L fwd

[9-16] OUT, OUT, HOLD, TOG, CROSS, HOLD, SIDE, CROSS, SIDE, BEHIND, SIDE, HEEL, TOG 12.00

&12&34 Step R fwd on R45 (&), step L fwd on L45, hold (optional clap), step R tog (&), cross L over R, hold (optional finger click)
&567&8& Step R slightly to R side (&), cross L over R, step R to R side, step L back and behind R, step R tog (&), touch L heel at L45, step L tog (&)

[17-24] CROSS, ¼, BACK, LOCK, BACK, COASTER STEP, FULL TURN 3.00

123&4 Cross R over L, making ¼ turn R step L back, step R back, lock L over R (&), step R back
5&678 Step L back, step R tog (&), step L fwd, making ½ turn L step R back, making ½ turn L step L fwd (full turn travelling fwd)

[25-32] FWD, ROCK, ½, ¼, SAILOR STEP, SAILOR TURN 9.00

1234 Step R fwd, rock weight back onto L, making ½ turn R step R fwd, making ¼ turn R step L to L side
5&67&8 Step R behind L, step L slightly to L (&), step R to R, making ¼ turn L sweep L behind R, step R slightly to R (&), step L slightly to L

[32 Beats] Repeat dance in new direction

Long Tag – at the end of wall 4 (facing the front) add the following 16 beats; 12.00

123&4 Step R fwd, rock weight onto L, turning full turn R cha cha RLR
567&8 Step L fwd, rock weight onto R, turning full turn L cha cha LRL
12&34 Step R fwd, rock weight back onto L, step R tog (&), walk back L,R
5&67&8 Step L back, step R tog (&), step L fwd, walk fwd R,L

Short Tag – at the end of wall 8 (facing the front) add first 8 beats of Long Tag 12.00

Restart on wall 10 – dance up to beat 16 restart dance from beginning 9.00

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