

Just One Day

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Beginner
編舞者: Dirk Leibing (DE) - September 2012
音樂: One Day / Reckoning Song (Wankelmut Remix) - Asaf Avidan & The Mojos



Intro : 32 counts(16 sec.)

Kick, Kick, Sailor ¼ Right, Rock Step, Tripple ½ Turn Left

1-2 Kick RF to left diagonal, Kick RF to right diagonal,
3&4 Step RF behind LF, Step LF ¼ right, Step RF to right forward (3:00)
5-6 Rock LF forward, Recover on RF
7&8 Step LF ¼ left, Close RF next to LF, Step LF ¼ left (9:00)

Heel, Lock, Step, Lock, Step (2x)

1-2 Step right Heel diagonal forward(11:30), Lock LF behind RF
3&4 Step RF forward, Lock LF behind RF, Step RF forward (11:30)
5-6 Step left Heel diagonal forward(7:30), Lock RF behind LF
7&8 Step LF forward, Lock RF behind LF, Step LF forward (7:30)

Cross, Back, Chasse ¼ right, Rock Step & Rock Step

1-2 Cross RF in front of LF, Step LF back
3&4 Step RF ¼ right, Close LF next to RF, Step RF to right side (12:00)
5-6 Cross Rock LF in front of RF, Recover on RF
& Step LF next RF
7-8 Cross Rock RF in front of LF, Recover on LF

Side Rock, Behind, Side, Cross, Side Rock, Behind, ¼ Turn, Step

1-2 Rock RF to right side, Recover on LF
3&4 Step RF behind LF, Step LF to left side, Cross RF in front of LF
5-6 Rock LF to left side, Recover on RF
7&8 Step LF behind RF, Step RF ¼ right, Step LF forward

Start again

Have Fun

After 11th wall you are starting the dance to the back wall, do the kicks and a sailor ½ turn right and listen to the last seconds of the music.

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