

One More Night

COPPER KNOB
STEPSHEETS

拍數: 96 牆數: 2 級數: Intermediate
編舞者: Nicky Tan (MY) - September 2012
音樂: One More Night - Maroon 5



Dance starts after 16 counts intro - Sequence : AB AB ABB

PART A - 64 Counts

Section A1 : Charleston Step, Star Step

1,2 Touch RF forward, Step RF back
3,4 Touch LF back, Step LF forward
5& Turn ¼ L & Touch RF to R, Hitch RF
6&7& Repeat Step 5& (x2)
8 Turn ¼ L & Touch RF to R (12:00)

Section A2 : Step, Hitch, Point Right & Point Left, Side Chasse, Turn ½ Chasse

1,2& Step RF forward, Hitch L knee, Step LF down beside RF
3&4& Point RF to R, Step RF beside LF, Point LF to L, Step LF beside RF
5&6 Step RF to R, Step LF beside LF, Step RF to R
7&8 Turn ½ L weight on R & Step LF to L, Step RF beside RF, Step LF to L (6:00)

Section A3 : Step, Hitch, Point Right & Point Right, Heel Dig, Coaster Step

1,2& Step RF forward, Hitch L knee, Step LF down beside RF
3&4& Point RF to R, Hitch R knee, Point RF to R, Step RF back
5,6 Dig L heel diagonally twice
7&8 Step LF back, Step RF beside LF, Step LF forward (6:00)

Section A4 : Step, Together, Side Rock Recover, Cross, Step, ½ Pivot, Hip Bumps

1,2 Step RF big step to R, Step LF beside RF
3&4 Rock RF to R, Recover on LF, Cross RF over LF
5&6 Step LF forward, Turn ½ R weight on R, Step LF beside RF
7&8& Hip bumps R,L,R,L (12:00)

Section A5 : Samba Steps, Right Full Turn Samba Locks

1&2 Cross RF over LF, step ball of LF to L, step RF in place
3&4 Cross LF over RF, step ball of RF to R, step LF in place
5 Turn ¼ R and step RF forward
&6 Lock LF behind RF, turn ¼ R and step RF forward
&7&8 Repeat a2 (2x) (12:00)

Section A6 : Hip bumps, Step Touch

1&2 Step LF forward & push L hip out twice
3&4 Step RF beside LF & push R hip out twice
5,6 Step LF forward, Touch RF beside LF
7,8 Step RF back, Touch LF beside RF (12:00)

Section A7 : Samba Steps, Left Full Turn Samba Locks

1&2 Cross LF over RF, step ball of RF to R, step LF in place
3&4 Cross RF over LF, step ball of LF to L, step RF in place
5 1 Turn ¼ L and step LF forward
&6 Lock RF behind LF, turn ¼ L and step LF forward
&7&8 Repeat a2 (2x) (12:00)

Section A8 : Hip bumps, Sway hips

- 1&2 Step RF forward & push R hip out twice
3&4 Step LF beside RF & push L hip out twice
5,6,7,8 Sway hips R,L,R,L (12:00)

PART B - 32 Counts**Section B9 : V Step (Out Out In In) (x2)**

- 1,2 Step RF diagonally forward, Step LF to L
3,4 Step RF back, Step LF beside RF
5,6 Repeat Steps 1,2
7,8 Repeat Steps 3,4 (12:00)

Section B10 : Right Full Turn with Side Chasse, Left Full Turn with Left Chasse

- 1,2 Turn $\frac{1}{4}$ R & Step RF forward, Turn $\frac{1}{2}$ R & Step LF back
3&4 Turn $\frac{1}{4}$ R & Step RF to R, Step LF beside RF, Step RF to R
5,6 Turn $\frac{1}{4}$ L & step LF forward, Turn $\frac{1}{2}$ L & Step RF back
7&8 Turn $\frac{1}{4}$ L & Step LF to L, Step RF beside LF, Step LF to L (12:00)

Section B11 : Jazz Box

- 1-4 Cross RF over LF, Step LF back, Step RF to R side, Cross LF over RF
5-8 Repeat 1-4 (12:00)

Section B12 : Right Apple Jack, Left Apple Jack, Step, $\frac{1}{2}$ Pivot, Walk, Walk

- 1&2 Taking weight onto R heel & L toe swivel R toe and L heel to R side
3&4 Taking weight onto L heel & R toe swivel L toe and R heel to L side

(Easier Option : Right Twist, Left Twist)

- 1&2 Swivel both heels to R, Swivels toes to R, Swivel heels to R
3&4 Swivel both heels to L, Swivels toes to L, Swivel heels to L
5,6 Step RF forward, Turn $\frac{1}{2}$ L weight on L
7,8 Step RF forward, Step LF forward (6:00)

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