

The One Who Got Away

COPPERKNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Jenny Bates (AUS) & Tracy White (AUS) - May 2013
音樂: It's a Beautiful Day - Michael Bublé : (Single)



Introduction: 16 counts

[1-8] Step, Together, Shuffle Half Turn, Rock, Replace, Cross Shuffle

1,2 Step R to R, Slide L together
3&4 Step R into ¼ turn R, Step L forward into ¼ turn R, step R beside L
5,6, 7&8 Rock L to L side, replace weight on R, Cross shuffle L, R, L [6.00]

[9 – 16] ¼ L, ½ L, Shuffle ½ L, L Coaster, Rock Forward, Replace

1,2,3&4 Step R back into ¼ turn L, Step L into ½ turn L, Shuffle ½ turn L (R,L,R)
5&6, 7,8 L coaster back, Rock forward R, replace weight on L [3.00]

[17 – 24] Back, Sweep, Back, Sweep, Rock Back, Replace, Shuffle Forward

1,2,3,4 Step back on R, Sweep L, Step back on L sweep R
5,6, 7&8 Rock back on R, Rock forward on L, **Shuffle forward R,L,R [3.00]

[25 – 32] ½ turn R, ¼ turn R, Kick ball point, Cross ½ unwind

1,2,3,4 Forward L, ½ pivot R, Forward L, ¼ pivot R
5&6, 7,8 L kick & point R to R, Cross R over L, Unwind ½ turn L *** [6.00]

[33 – 40] Sway, Sway, Cross Kick Ball Change, Rock back, Replace, Shuffle

1,2, 3&4 Sway R, Sway L, Kick R across to L diagonal, Step R beside L, L in place
5,6, 7&8 Rock back on R, replace on L, shuffle forward R,L,R [6.00]

[41 – 48] Step forward, turn ¼ R, Cross shuffle, Sway

1,2, 3&4 Step L forward, Turn ¼ R, Cross shuffle L,R,L *
5,6,7,8 Sway R,L,R,L [9.00]

[49 – 56] Back, Heel, Back Heel, Rock back, Replace, ¼ L, step together,

1,2,3,4 Step back R, Touch L heel forward, Step back L, Touch R heel forward
5,6,7,8 Rock back on R, replace onto L, ¼ turn L stepping R to side, Step L beside R [6.00]

[57 – 64] Rock back, Replace, Full turn, Rock forward, Replace, Step, Drag

1,2,3,4 Rock back on R, Replace on L, Step forward on R making ½ turn L, Step back on L making
½ turn L (Full turn L moving forward)
5,6,7,8,& Rock forward R, Replace on L, Step back R, drag L to R, step on L [6.00]

End of Dance

RESTARTS on Walls 2, 4 and 6

Wall 2 – * dance to count 44 then

1,2,3,4 Two ¼ paddles L and restart from beginning [12.00]

Wall 4 – ** dance to count 22 then

1,2 Step forward R, pivot ¾ L, restart dance from beginning [12.00]

Wall 6 – ***dance to count 32, restart from beginning [12.00]

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